



ChiBall®

An Introduction to the
Theory of Traditional Chinese Medicine



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An Introduction to the Theory of Traditional Chinese Medicine

Welcome Message

Welcome to an introduction to Traditional Chinese Medicine (TCM). These notes provide a basic understanding of the four main principles upon which TCM and all ChiBall programmes are based. They should be studied and the questions at the end answered prior to undertaking any of the ChiBall short courses such as the Spa Series, Gentle Moves, Dance of the Dragon etc.

The notes are also useful for ChiBall participants who would like to know more about the fundamental principles of ChiBall.

Much of the philosophy of traditional Chinese medicine reflects the classical Chinese belief that the life and activity of individual human beings have an intimate relationship with the environment on all levels. Early traditional Chinese medicine stemmed from Taoist masters who had an extraordinary sense of the body and its workings through extensive meditation. This may be why TCM also inherited many of the principles inherent to Daoism (Taoism). TCM is focussed more on preventative and restorative medicine. It is a philosophy that treats the whole of our life, not just the part of the body that Western Medicine tends to focus on when we are ill. In the West, if an elderly patient falls and breaks her arm, the doctor will fix the break, not the cause of the break. In the East as well as fixing the arm, the doctor will focus on what cause of the break and address, perhaps the balance of the patient. It is fair to say that for illnesses such as depression and stress, in the West we too quick to medicate, whilst in the East they exercise and meditate. Of course there is a place for western medicine but alternative or complimentary medicine also has a place and by utilising the best of both systems we can enjoy better health and wellbeing.



In this module we will focus on understanding the four main principles of TCM:

- Ying and Yang
- Qi (Chi) or your life force energy
- The energy channels, known as "Meridians" and
- The Five phases of energy.

After reading these notes you should understand the principles of TCM and how we incorporate them into a ChiBall class.

If you are attending a ChiBall short course, please take the time to respond to the questions at the end of the notes prior to attending the course. It is important that you gain an understanding of the four main principles of TCM. Please feel free to bring the answered questions to the course to clarify with your trainer.

Course Objectives

Module Description

These notes teach an understanding of the four main principles of Traditional Chinese Medicine (TCM) and their influences on ChiBall. It outlines the characteristics of Yin and Yang, Qi (Chi - our life force or vital energy), the energy channels or Meridian system and the Five phases of energy. The notes emphasise the practical skills that allow ChiBall practitioners to explain to their students the importance of the flow of nature as it relates to exercise.

Module Objectives

Upon completion of this module the ChiBall practitioner will:

- 1 Understand the four principles of TCM
- 2 Understand the concept of Yin and Yang or balance in all things
- 3 Understand the concept of Chi – our vital energy
- 4 Understand the concept of the Meridian energy pathways
- 5 Understand the Five phases of energy and their manifestations as the Five Elements



The Principles of Chinese Medicine

Introduction

The aim within Traditional Chinese Medicine is for the human organism to achieve a state of balance between the mind, body and spirit, which are our thoughts and emotions, the body itself, and our essential vitality for life. This is a contrast to the Western approach that, until today, has focused its attention solely on the body which is considered to be healthy only when there is no evidence of disease.

Traditional Chinese Medicine (TCM) is based on the philosophy of The Tao (pronounced Dow) which means 'The Way'. It refers to a power or energy that surrounds and flows through all things, living and non-living. The Tao regulates natural processes and nourishes balance in the Universe. It embodies the harmony of complimentary opposites (i.e. there would be no love without hate, no male without female.)

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The founder of Taoism is believed by some to be Lao-Tse. However many historians suggest that his name meaning “Grand Master” is an amalgamation of a number of historical figures and that his writings are a compilation of philosophical beliefs from the preceding centuries. In the 5th Century BC many people were searching for a way that would avoid the constant feudal warfare and other conflicts that disrupted society during their lifetime. The Tao-te-Ching was the result of this thinking. A book consisting of just 81 short poems and upon which the philosophy of Taoism is based. The book’s title translates to

Tao = The Way or path
Te = Virtue/power/strength
Ching = Scripture or classic text

The Way simply means that we must live and work in perfect harmony with Mother Nature. When we live and work against the laws of nature we experience dis-ease within the body.

By understanding the basic elements of Traditional Chinese Medicine we can see how it translates into exercising, and how exercise, taught from this point of view, can bring complete balance and harmony to our minds, bodies and spirits.

There are four main aspects to Traditional Chinese Medicine:

1. The concept of Yin and Yang, which is balance in all things.
2. Vital Energy – Chi, which gives life to all things.
3. The Meridian System through which Chi travels to nourish and balance.
4. The Five phases of energy which work in harmony with the laws of nature.

A ChiBall class is designed to teach the participant how to understand the concept of balance (yin and yang) and energy (Chi). The format varies according to the time allocated. Each element of ChiBall is used to create awareness of the body’s holding patterns of tension and level of energy (Chi).

The four concepts work in harmony with each other and are not exclusive. You cannot have Chi without the Meridians to carry it around the body. The whole concept of TCM is pulled together by the five phases of energy which describe in detail how everything in our world including nature and our lives, the cycle of energy continuously transforms from rising yang to radiant yang to descending yang to rising yin and condensed yin. This pattern is repeated in the seasons from spring to summer to late summer to autumn and to winter, in our lives from birth to maturity to death. The natural energy cycle is repeated almost everywhere, from ideas to inventions and from business to economic development. Once an understanding of these principles is gained, it becomes clear how they can be harnessed to benefit every aspect of our lives and the way in which we interact with our planet.



Yin & Yang

Yang has its root in Yin

Yin has its root in Yang.

Without Yin, Yang cannot arise.

Without Yang, Yin cannot be born.

Yin alone cannot arise; Yang alone cannot grow.

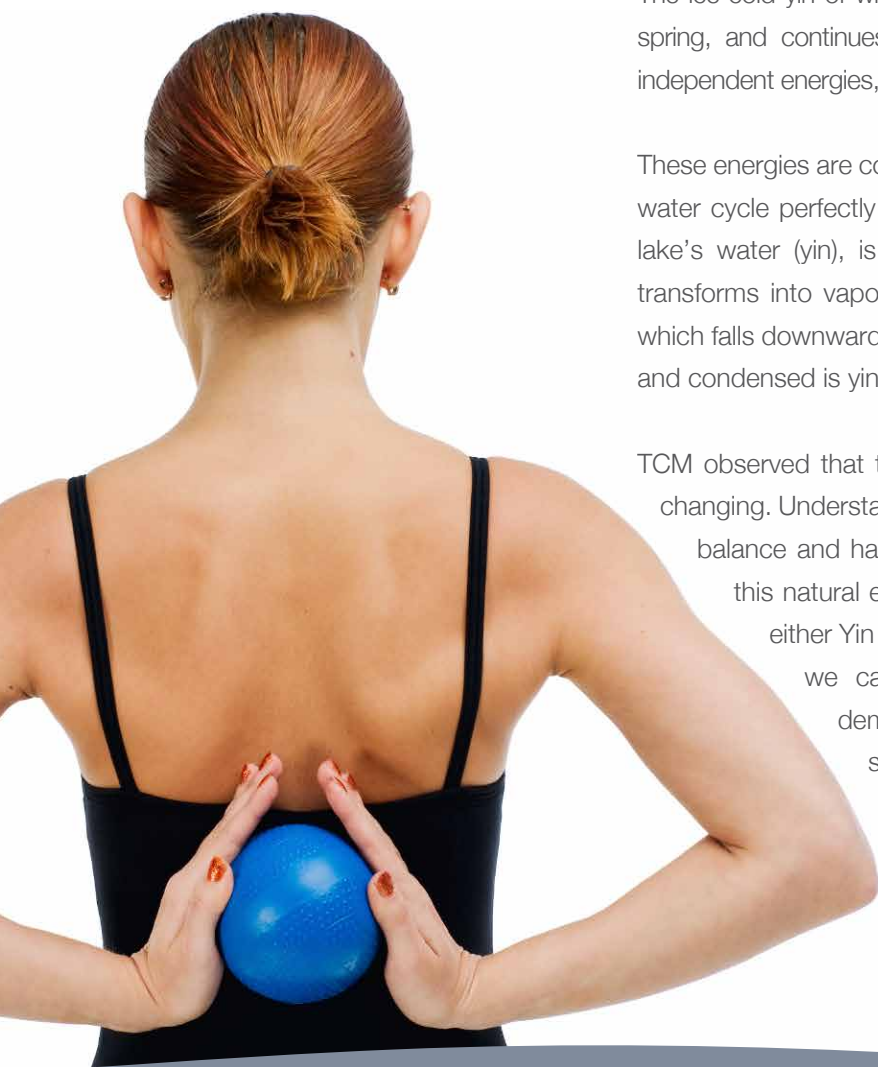
Yin and Yang are divisible but inseparable.

HUANG DI NEI JING SU WEN

Yin and yang are expressed in the classic black and white symbol which represents two opposite energies working together to create balance. There is never absolute yin or absolute yang. An energetic tension holds them together as expressed within the classic yin/yang symbol. One aspect attempts to overwhelm the other, but the Tao (nature's way) has placed a piece of one in the other. Yang can be seen within yin, and yin can be found in yang. Although they represent independent energies, they cannot exist without each other. The yang energy of summer peaks and then declines surrendering to the yin of autumn. The ice-cold yin of winter succumbs to the warm, expanding yang energy of spring, and continues to rise again into summer. Although they represent independent energies, they cannot exist without each other.

These energies are constantly moving, transforming, and changing. Nature's water cycle perfectly illustrates how yin and yang work with each other. A lake's water (yin), is evaporated by the sun's heat, moves upward and transforms into vapour (yang). The vapour cools and condenses into rain which falls downward (yin). Any aspect of nature which is relatively still, silent and condensed is yin; while activity, expression and expansion are yang.

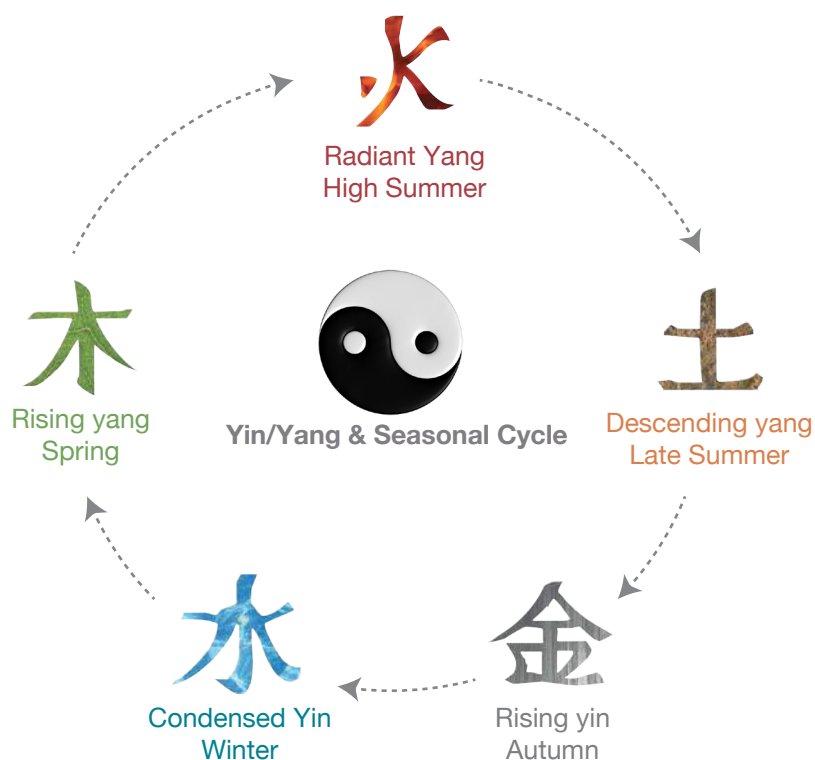
TCM observed that the body is also constantly moving, transforming and changing. Understanding the ebb and flow of the body and life is the key to balance and harmony. Imbalance occurs when there is resistance to this natural ebb and flow which causes an excess or deficiency of either Yin or Yang. The Western winter is a good example of how we can be working against the flow of nature. Nature demonstrates to us that winter is a time of hibernation and stillness. Growth ceases as nature rests. Within the body, blood thickens, the digestion slows down and we may gain a few pounds in preparation for a period of hibernation.



The following table illustrates how yin and yang are reflected in nature, our psychology, the body and the universe.

The Yin/Yang Characteristics

In Nature		Psychological Aspects		Physiological Aspects		Energy Influences	
Yin	Yang	Yin	Yang	Yin	Yang	Yin	Yang
Space	Time	Feeling	Thinking	Structure	Function	Yin	Activating
Matter	Energy	Intuitive	Inspiration	Inferior	Superior	Resting	Stimulating
Contraction	Expanding	Watchful	Articulate	Anterior	Posterior	Controlling	Warming
Stillness	Movement	Adaptable	Single-minded	Internal	External	Cooling	Transforming
Darkness	Light	Structured	Spontaneous	Medial	Lateral	Absorbing	Transferring
Winter	Summer	Inward security	Outward Confidence	Blood	Chi	Saving	Positive
Cold	Hot	Being	Knowing	Left side	Right Side	Negative	Positive
Moist	Dry	Surrendering	Asserting	Female	Male	Negative	
Water	Fire	Receptive	Expressive	Cool	Warm		
Descending	Ascending	Sensation	Thought	Inaction	Activity		
				Soft	Hard		



The Yin/Yang Energy Cycle

The Yin Yang philosophy is a cyclic energy in nature. Similarly, our bodies and lives spiral and respond to nature's seasonal cycle.



Yin/Yang & ChiBall

ChiBall aims to bring balance to the mind, body and spirit through movement. By integrating yin or gentle movements with yang or more expansive movements in different combinations we can achieve balance. A typical ChiBall class will start with Tai Chi – Qi gong warm up which creates a rising Yang energy. This is followed by more energetic yang energy expressed through expansive and contracting ChiBall Dance. Heat is built through yoga which creates more yang energy after which Pilates is used to strengthen the body and is more a descending yang energy. After the body has created yang energy it is important to bring balance through ChiBall Release which represents rising yin energy or cooling down. Finally the fifth energy phase which is so often omitted from western exercise techniques and often leaves the participant out of balance is the condensed yin phase of the class represented by a short period of relaxation and meditation. This final stage whilst nearly always ignored in the west is so vitally important to allow the body to heal, the mind to calm and the spirit to awaken.

Within each of the movement disciplines there are also yin and yang elements. The intensity and form of energy, either rising, full/condensed or descending is determined by nature and the seasons. For example ChiBall Dance will be more yang in Summer than in Winter.

Yin and yang are not definitive. They are always relative to each other. In this way for example, ChiBall Dance can be both yin and Yang. Slow dance being yin whilst energetic dance is yang. The purpose of Dance sequences is to stimulate Chi, encourage rhythmic breathing and prompt us to play with the yin and yang energies. Tai Chi/Qi Gong prepares the breath for the ChiBall Dance sequences which then vigorously stimulate the breathing. As the diaphragm is exercised and stretched and then allowed to relax, the breathing gradually reverts to a more natural state and the yin/yang energies are balanced.

The ChiBall Dance component of a ChiBall class uses the yin and yang philosophy to introduce balance in an immediate sense within the choreography, to enhance strength and flexibility with minimum strain. Movements of the arms and body which are large, energetic, rapid, upward, forward, reaching right, travelling right and standing, focusing on the back, outside or upper part of the body are all yang characteristics. Yin then balances through actions that are soft and slow, downward, backward, reaching left, travelling left and seated, and concentrated on the front, inside or lower part of the body.

The goal of the Tai Chi, Qi Gong, ChiBall Dance, yoga and Pilates elements of a ChiBall class is to stir, stimulate and drive Chi through the meridian channels. These energetic yang exercise disciplines move and stimulate Chi which is then balanced through the yin of releasing and relaxing exercises followed by meditation..

Chiball Movement Disciplines

Tai Chi (TaiJi)

'Ultimately in tai chi, the aim is to be familiar with all the different aspects of yourself; when they are unified, you are integrated.' -**Principles of Tai Chi**
by Paul Brecher

Tai Chi within ChiBall is used to ground and gently warm the body, build awareness, and calm the mind. ChiBall uses Tai Chi to bring concentration, flow and relaxation within movement. The Tai Chi component stirs and moves the chi and reflects the rising yang energy.

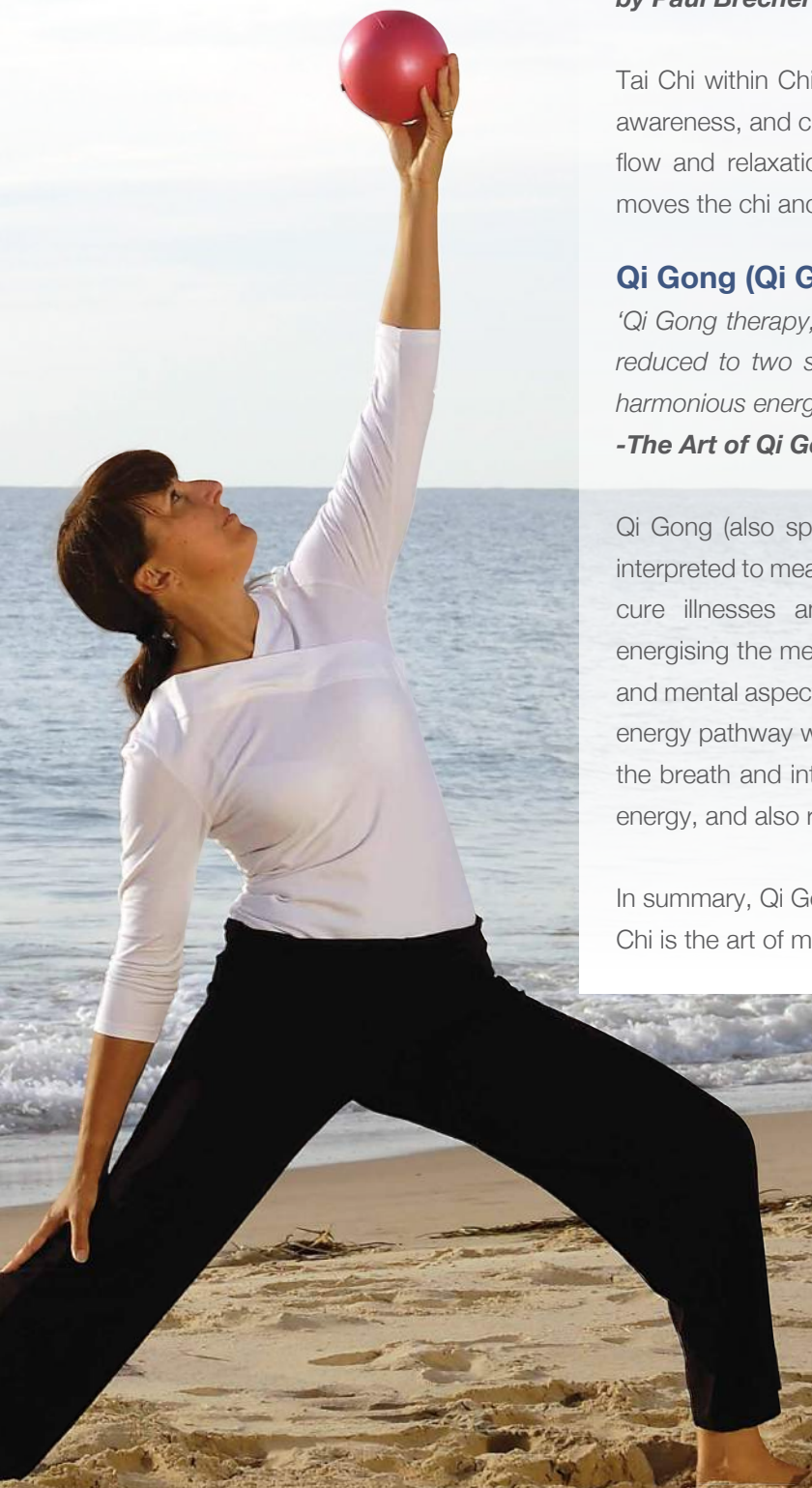
Qi Gong (Qi Gong)

'Qi Gong therapy, as well as other branches of Chinese medicine, can be reduced to two simple principles: The cleansing of meridians to achieve harmonious energy flow, and the restoration of yin-yang balance.'

-The Art of Qi Gong by Wong Kiew Kit

Qi Gong (also spelt 'Qi Gong', both pronounced as Chee Kong) is best interpreted to mean 'energy cultivation'. Traditionally Qi Gong is practised to cure illnesses and restore harmony and balance by cleansing and energising the meridian system and inner organs, and unifying the physical and mental aspects of health. Each exercise stimulates a certain meridian or energy pathway within the body. Qi Gong within ChiBall is used to prepare the breath and internal Chi which generates heat and an effortless flow of energy, and also reflects the rising yang energy.

In summary, Qi Gong is said to be the art of cultivating energy (Chi) and Tai Chi is the art of managing it.



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ChiBall Dance

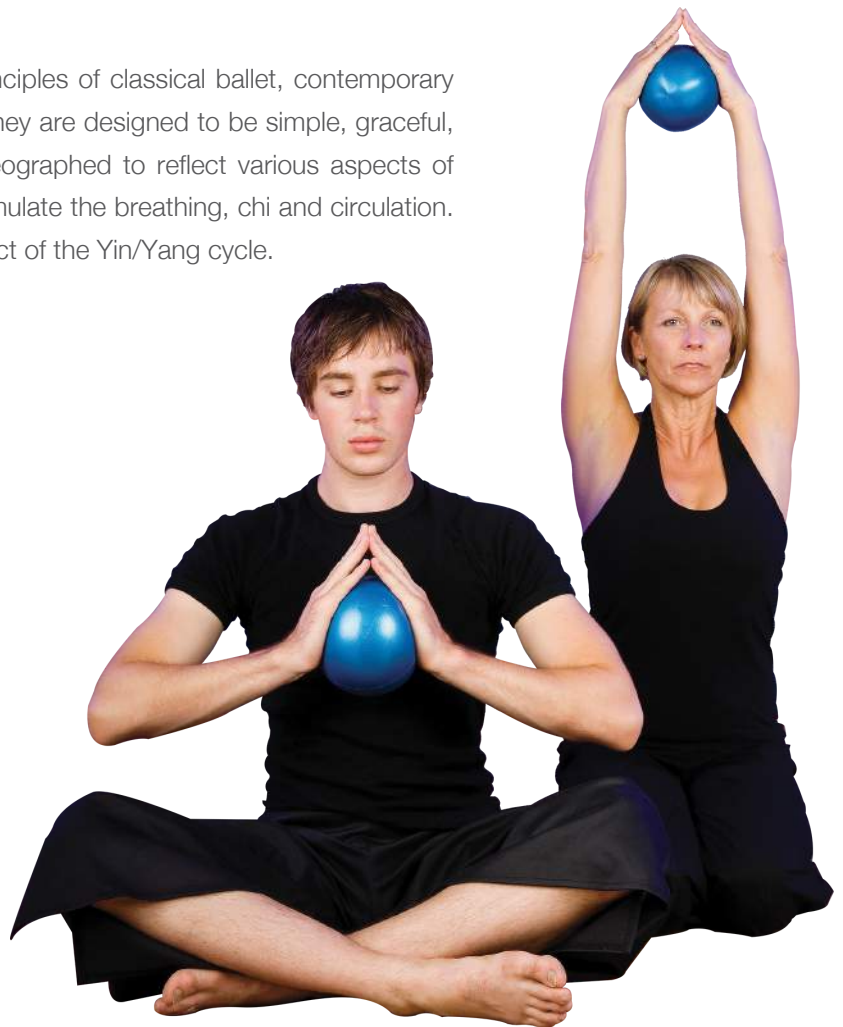
ChiBall Dance sequences are based on the principles of classical ballet, contemporary and jazz dance and modern fitness concepts. They are designed to be simple, graceful, challenging and fun. The movements are choreographed to reflect various aspects of nature's energy, to build heat and vigorously stimulate the breathing, chi and circulation. ChiBall Dance expresses the 'radiant yang' aspect of the Yin/Yang cycle.

Yoga

ChiBall Dance is followed by Yoga to retain the heat and build strength and flexibility. Yoga poses are another expression of the radiant yang form of energy.

Pilates

Pilates is used to build core strength and to bring the energy levels down a step. Descending Yang is an important element of the yang energy phases. Whilst the body is still hot from the radiant yang phase of the class, we can continue to strengthen, lengthen and tone the body through Pilates.



ChiBall Release

The Yin energy phases follow the yang and are rising yin and condensed yin. After the heat of the yang phases of the class yin energy is introduced through more relaxing and releasing exercises or lessons. These lessons are based on the principles of Moshe Feldenkrais who developed the Feldenkrais method in the 1930's. The Feldenkrais Method is a way of learning — learning to move more freely and easily, to carry less stress in your body, to stop doing the things that cause you pain. It is not the verbal/intellectual learning you were used to in school. It is learning through, and with, your body — learning that you knew as a child but lost touch with growing up. Through gentle movement and directed attention, it enhances your self-awareness to put you back in touch with yourself, with the fluid, easy movements.

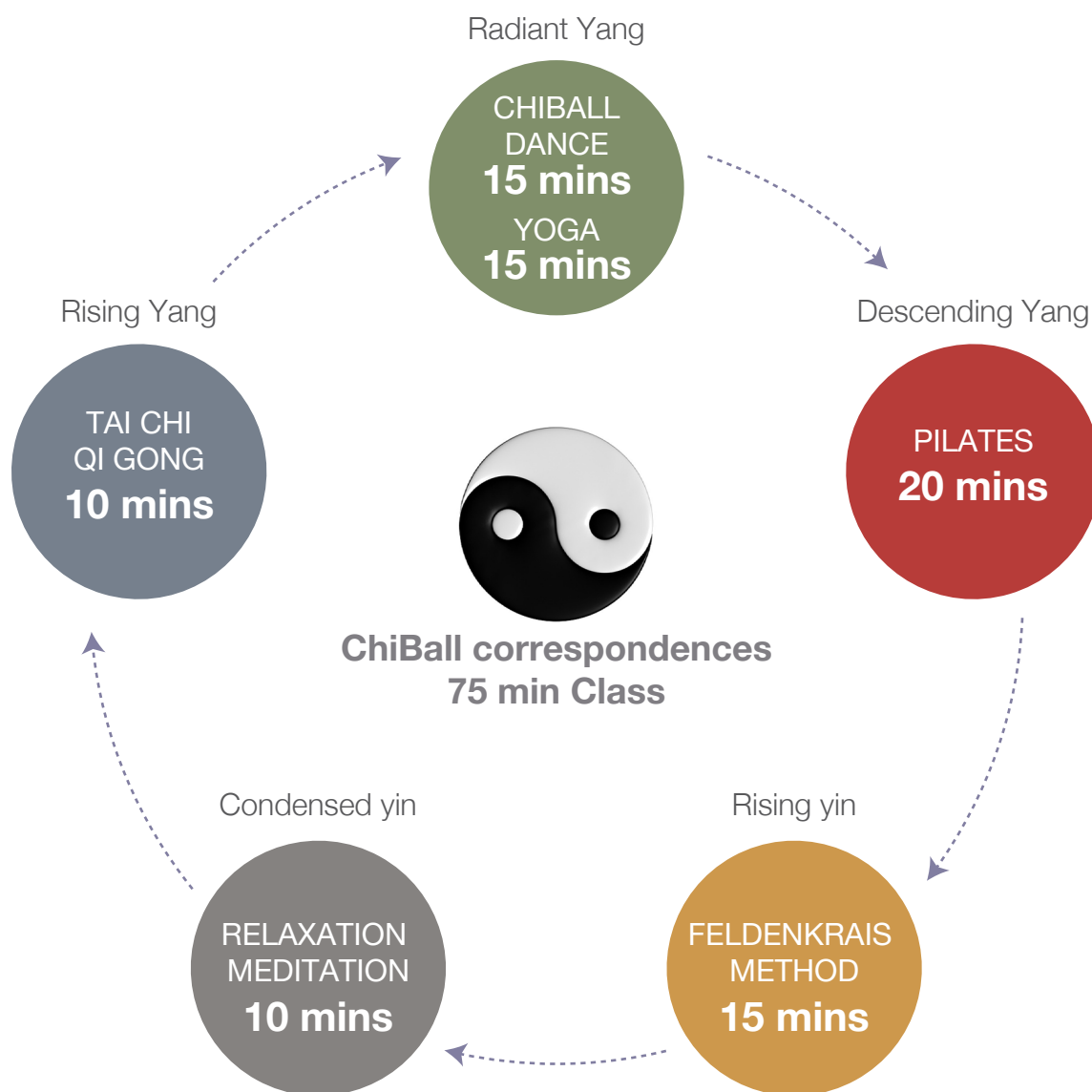
The ChiBall Release and rising Yin element of the class allows the body to cool and restore in a controlled manner.

Relaxation and Meditation

All ChiBall Classes end with a short phase of relaxation and meditation which represent the condensed yin form of energy. This element of many exercise classes is essential to allow the body to heal, the mind to calm and the spirit to soar. It is the final stage of a ChiBall class that brings the complete person into Harmony, Balance and Wellbeing.



Teaching a ChiBall Class Based on the Yin/Yang Cycle of Energy



Chi – The Vital Energy

*Tao produced the One;
The One produced the two;
The two produced the three;
And the three produced the ten thousand things.
The ten thousand things carry the Yin and embrace the Yang
and through the blending of the Chi they achieve perfect harmony.*

Tao Te Ching by Lao Tzu

According to ancient Eastern philosophies there is a vital energy or basic force in all life. The Chinese called it 'Chi', the Japanese 'Ki' and in India it is known as 'Prana'. All of them agree unanimously that when the Chi, Ki or Prana is free-flowing it can stimulate both mind and body; however, when it is blocked or stifled our energy becomes scattered and our vitality is depleted. Deep breathing techniques are the key to stimulating this life force because oxygen drives and pushes it through the body.

Chi is responsible for keeping yin and yang moving and alive. Chi distinguishes life from death and moves with the blood via channels to our inner organs. Blood is considered to be a more material form of Chi. Illness occurs when there is either inadequate or excess Chi. Chi can be depleted or become excessive through poor eating habits, lifestyle and negative emotions. If the balance of Chi becomes irregular, disharmony occurs.

According to Traditional Chinese Medicine, our overall level of Chi within the body is acquired in three ways:

- Before birth from our parents (constitutional or inherited Chi)
- From the food we eat, and
- From the air we breathe.



These three aspects blend together to give us our level of Chi which permeates the entire body.

Constitutional Chi also affects how much energy we have for day-to-day living and throughout our lives. Traditional Chinese Medicine states that our constitutional or inherited Chi is influenced by three factors:

- The age of our parents when we were conceived,
- The diet of our parents when we were conceived, and
- The general health of our parents when we were conceived including:
 - o Their state of mind, body and emotions,
 - o Their lifestyle habits, especially whether they smoked or drank alcohol,
 - o Their physical fitness, and
 - o Where they lived.

If we are born with a very strong constitution, we often take it for granted that we can indulge in poor lifestyle habits which over time weakens the Chi and later in life causes illness and disease. Conversely those born with weak constitutional Chi have to work hard through life to sustain and strengthen what they were born with.

Good nutrition, moderate exercise and a happy life can enhance Chi. As with everything, balance is the key. Too much or too little food and exercise will adversely affect the Chi and cause problems.

ChiBall and Chi

Chi is fundamental to the ChiBall proposition; it is, after all what the programme is named after. In ChiBall all our efforts are focused on creating Chi, balancing Chi and encouraging Chi to flow throughout the body. Each of the ChiBall movement disciplines and the relaxation and meditation sessions are choreographed or designed to ensure we achieve this.

The Meridian System

"The Meridians move the Chi and Blood, regulate Yin and Yang, moisten the tendons and bones, benefiting the joints"

NEI JING

The Meridian System is like wiring throughout the body, and the points at which acupuncture accesses this wiring system are considered to be the access points at which you can either strengthen or reduce the flow of chi. Ultimately acupuncture or acupressure of the Meridian points aim to balance a disharmony in the flow of Chi.

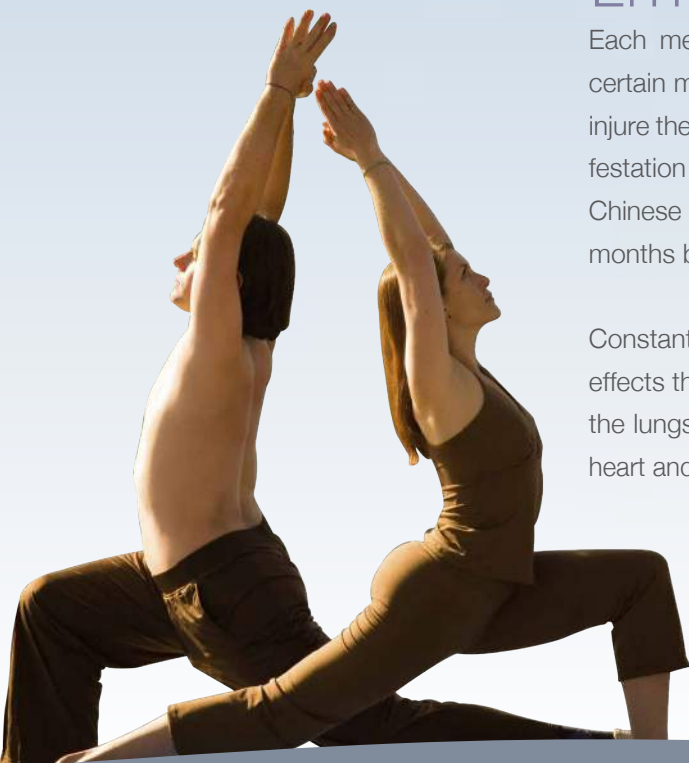
There are apparently more than fifty meridians in the body, although today it is most common to use just fourteen main meridians that have direct association with the major internal organs. Six meridians run in pairs along each side of the body, with two extra meridians in the centre of both the back (governing vessel) and the front of the body (conception vessel). These are the lung, large intestine, spleen, stomach, heart, small intestine, pericardium and triple heater, liver, gallbladder, kidneys, bladder, plus the governing and conception vessels, which are parent meridians supervising all the others.

According to Traditional Chinese Medicine, an imbalance in one or more of these meridians weakens the entire body. There are three main factors that affect the health of the physical body: External environmental influences, our emotions and the food we eat.

Emotions

Each meridian represents certain emotions as well as being a caretaker for certain muscles. Emotions that are positive or negative, excessive or insufficient injure the associated organs and cause disease within the body. A physical manifestation is a signpost for an imbalance or blockage of a particular meridian. Chinese Medicine believes that we actually receive warning signs up to nine months before an illness is fully apparent.

Constant impatience and frustration will overwhelm the liver; fear and fright effects the kidneys; long-term anger and rage the gallbladder; sadness and grief the lungs; pensiveness and worry the spleen; and joy or hysteria the heart. The heart and liver are considered to be the most susceptible to emotional disturbance.



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Partner Meridians & Organs	Life Functions	Root Emotion	Psychological Functions	Highest Expression
Liver & Gallbladder	Evolution & Adaptation – Movement & Growth	Anger	Purpose – Foresight – Adaptability	Compassion
Heart & Small Intestine Pericardium/Triple Heater	Self-Realisation – Idealisation & Fulfilment	Joy	Awareness – Self-Identity – Harmony - Love	Love
Spleen – Pancreas & Stomach	Concretisation – Nourishment	Worry	Concentration – Cognition – Sympathy	Empathy
Lungs & Large Intestine	Transmutation & Synthesis Interchange	Grief	Boundary – Instinct – Interaction	Reverence
Kidney & Bladder	Procreation Survival	Fear	Willpower – Stamina – Ingenuity	Wisdom

Too much time spent working and over-tiredness deplete the body's natural energy. If enough time is spent relaxing and resting, balance can be restored. Long term neglect of the body's signals creates a greater demand for blood and Chi, causing depletion and imbalances in the internal organs.

Unblocking the Meridians

Blocked Meridians are often the cause of lethargy, poor circulation, headaches, back pain and muscular stiffness. TCM calls it a 'stagnation' of Chi within the meridian. Removing these blockages allows Chi to flow which revitalises the entire body. Stimulation of certain points along the meridians using Acupuncture needles, Acupressure (in the case of Shiatsu), or slow, gentle heat using a herb called Mugwort, massage or movement disciplines (such as Tai-Chi, Qi Gong and Yoga) unlock and regulate the flow of Chi.

The energy of a particular meridian can become depleted or excessive. Each condition will manifest different symptoms within the same meridian. A depletion of energy in the lungs can cause heaviness in the head due to weakened circulation and lack of oxygen. Depletion can also cause chronic congestion because there is a lack of energy to clear the stagnation. Coughing can be hard and dry. Excessive lung energy can show as loose coughing which brings up mucus trapped in the lungs. There is often nasal congestion, and vulnerability to bronchitis and asthma.

ChiBall & the Meridians

ChiBall uses Tai Chi, Qi Gong, dance moves, yoga and Pilates which extend and stretch the body in a variety of angles and curves. During exercise, the meridians 'rise' to the surface. The position of the body or limbs will determine which meridian is benefiting most. Each move complements the aspects of yin and yang; they are large and small, move forward and back, extend up and down, and move left and right. Breathing throughout the sequences increases the Chi, gently stimulating and revitalising each meridian. The ChiBall in this instance is simply a focal tool with which to become aware of these meridian positions in relation to the body, and aids concentration towards the purpose behind the moves. The purpose of the ChiBall Dance component of the class experience is to free the body of blocked Chi by using the breath and repetitive, flowing movements with the ChiBall. The result is increased circulation, flexibility and lung capacity, a release of tension and stiffness, as well as improved concentration, balance and coo



The Five Phases of Energy

Understanding the philosophy of the five phases of energy (often referred to as the five elements or five transformations) is crucial to finally appreciating the natural order of the universe, nature and our own physical bodies. It is the key to achieving balance in health, life and the world around us. Yin and yang and the five elements are the essential foundations of Traditional Chinese Medicine.

The five elements are five movements through which the yin/yang energy is expressed. Each element is associated with a body organ, nature's seasons and elements of nature, which are wood, fire, earth, metal and water.

Our goal is to align our body's energy and our life's activities together with the patterns of nature.

The Chinese believe that our bodies are a template of the planet and the universe. A quote from a 2nd century BC text, *the Book of Master Huai Nan*, describes this perfectly:

*The heavens have four seasons, five elements, nine divisions and 366 days.
Man has four limbs, five viscera, nine orifices, and 366 sections.
Heaven has wind, rain, cold and heat.
Man too has a 'taking in' and a 'giving out'; joy and anger.
Thus the gall corresponds to the clouds;
the lungs are vapour breath;
the liver is wind;
the kidneys are rain;
and the spleen is thunder.*

Chinese landscape paintings are said to reflect this universal blueprint. Each part of the painting represents our bodies both internally and externally. The mountains are the head; the hills our muscles and form; the indentations within the landscape, our channels and circulatory systems; the rivers and streams, our own waterways; the lakes our holding of water; the flat plains where work is carried out – toiling, planting, growing, harvesting to feed and nourish ourselves – is the body being fed and repaired.

The five energy phases and their characteristics are illustrated in the table below:

THE FIVE ELEMENTS

ELEMENT	SEASON	COLOUR	YIN/YANG PHASE
木 Wood	Spring	Green	Rising Yang
火 Fire	High Summer	Red	Radiant Yang
土 Earth	Late Summer	Yellow	Descending Yang
金 Metal	Autumn	Silver or White	Rising Yin
水 Water	Winter	Dark Blue or Black	Condensed Yin

The five elements express five movements of the universe. A fact of nature is that water feeds wood, wood can be burned by fire, the fire ashes feed the earth, the earth produces minerals, which solidify into minerals and metals which then break down and are contained within and moved by water. Appreciating the characteristics of each element also gives us the information we need to align ourselves with these natural states. Water represents winter, which is a time of stillness, hibernation, reflection and rejuvenation. Wood represents spring, which is about new growth and energy bursting forth. Fire is summer, which has the highest level of energy – vibrant and passionate. Earth is late summer, which is a time for harvest and reaping the benefits of the summer's growth. The metal element is dense and represents consolidation, gathering-in and accumulation of energy. As far as exercise is concerned, it would be a time for consolidating the efforts of work carried out from the spring and summer to late summer. It is also a time to prepare, store and conserve energy for the winter.

Even though each element is individual and unique on its own, each one is actually connected to a 'whole' which is believed to be the form of all material life. There is a creating cycle where each element moves energy to another (a mother/son relationship) and a controlling cycle where one element can either overwhelm, over-control and destroy, or balance and be caretaker to another (the father/son relationship).



The Creating Cycle

(Mother/Son Relationship)

In the creating cycle, water feeds wood (to grow and blossom), wood feeds fire (with fuel), fire feeds earth (with nourishment from the ash), earth supplies minerals and metals (which form metals and minerals), and metal feeds water (with minerals).



The Controlling Cycle

(Father/Son Relationship)

In the controlling cycle, water will extinguish fire either positively or negatively. If the fire element is raging just a little too hot, then water will extinguish the fire. However if the water element is overpowering, it will overwhelm the fire element which in weather terms makes for a very miserable summer and in physical energy terms causes us to feel lethargic, listless and depressed. Additionally, wood controls earth (in nature, containing it prevents erosion and depletion); fire controls metal (softening and melting it); earth controls water (by holding and containing it); metal controls wood (by cutting it down when it is too dense and overgrown).



The Five Elements of ChiBall

1

TAI CHI & QI GONG

2

CHIBALL DANCE
& YOGA

3

PILATES

4

FELDENKRAIS
METHOD

5

DEEP RELAXATION
& MEDITATION

CHIBALL ELEMENT	SEASON	COLOUR	YIN/YANG PHASE	CHIBALL™ PHASE
Tai Chi-Qi Gong (Wood)	Spring	Green	Rising Yang	Slow and mindful
ChiBall Dance & Yoga (Fire)	High Summer	Red	Radiant Yang	Energetic and vibrant
Pilates (Earth)	Late Summer	Yellow/Orange	Descending Yang	Centred and focused
Feldenkrais (Metal)	Autumn	Silver or White	Rising Yin	Gathering in and letting go
Deep Relaxation (Water)	Winter	Dark Blue or Black	Condensed Yin	Stillness and integration



Now can you answer the following questions

Describe in your own words Yin and Yang

What is Chi?

What are Meridians?

Explain the 5 elements?
