



**Andrew Fretwell**

Clearing sick energy out of the body.

## **Practitioner Training Foundation Level 1 in Copenhagen Denmark**

Andrew Fretwell founder of [www.cntschoo.com](http://www.cntschoo.com) Learn this amazingly powerful massage directly from Andrew as he shares his experience of working on thousands of bodies over the last 25 years.

Students are taught through **NLP modeling** and each technique is repeated and built on over course of the weekend. By end of weekend students will be able to give a highly effective treatment (without referring to notes), that will generate trust in the receiver to open, and trust within the practitioner in the foundation routine.

**This routine will become the basis** for all further training and is the essential foundation for the deeper levels.

### What you learn on Foundation Level 1

- How to be energized even as you apply yourself when giving treatments.
- Differentiating between the authentic self and the ego self.
- Difference between Western dualism and Taoist teachings of Yin Yang and 5 Elements.
- Relevant strengths and weaknesses of modern western medicine and CNT.
- Understanding what healing really is, difference between cure and heal.
- How breath and the act of breathing represents a person's level of engagement with their life.
- How the resistance in the abdomen and the tensions held beneath the surface represent the boundaries of the client.
- How to touch the client's boundaries in a way that generates trust.
- Opening the 4 corners of large intestine using the "**Nurturing Earth Touch**" to encourage deeper more engaged breathing.
- Relaxing the diaphragm to encourage deeper breathing.
- Observing how well the breath encourages healthy movement of the rib cage
- Observing shape of navel and identifying tensions in the abdomen, seeing hidden pulls in navel, observing where breath is not flowing.
- Opening the navel using the one finger and two finger techniques.
- Opening the wind gates of the navel.
- Skin Detoxification.
- Use of the tip of the elbow to release winds from the navel center.

Practical information	
Date	Saturday 18. September kl 9.00 – 19.00 and Sunday 19. September kl 9.00 – 16.00
Place	Tårnstudiet, Vesterbrogade 40, 5., 1620 København V
Contact, price and registration	Steen Jensen – mobile +45 2172 0191  Email CNT : <a href="mailto:steen@cntschooll.dk">steen@cntschooll.dk</a> homepage <a href="http://cntschool.dk">http://cntschool.dk</a>  Level 1 dkr 1.500,- Deposit dkr 500,- . Deposit is only refundable if you cancel at least one week before class.  Payment to Nordea Danmark A/S reg nr 2143 konto 6881 457 405  IBAN DK9820006881457405 Swiftadresse NDEADKKK  Please inform me with your name, mail address, address and mobile number, so that I can make a list and make it easier to find training partners close to you. Mobile phone is also fine in case of any changes.
Other	Lunch not included but tea, fruit and snacks will be served. The physical training will be on mats, but you are welcome to bring you own portable massage bed as well as blankets and pillow.
Private sessions	As usual it will be possible to book private treatments at dkr 650,- direct by mail to Andrew Fretwell <a href="mailto:tao.alchemy@gmail.com">tao.alchemy@gmail.com</a>
Efteruddannelse for RAB-behandlere	Kurset er af SAB – Sammenslutningen af alternative behandlere – godkendt som efteruddannelse – 16 lektioner.



The Educational Director of the Art & Essence School of Chi Nei Tsang, (CNT) [www.cntschooll.com](http://www.cntschooll.com) Andrew has over 25 years experience in teaching Taoist Inner Alchemy. Andrew is considered by many to be one of the top practitioners and teachers of CNT in the world today.

**Private Chi Nei Tsang (CNT) Abdominal Massage sessions with Andrew Fretwell also available**

**Testimonials Visit:** [www.cntschooll.com/testimonials.htm](http://www.cntschooll.com/testimonials.htm)

**Sample videos Visit:** [www.cntschooll.com/foundation-videos.htm](http://www.cntschooll.com/foundation-videos.htm)