

# THE LONGEVITY CENTER

## Arnold Tayam

In response to the many questions I have received and for those that have interest, or have benefited from my work over these many years, I have compiled a brief list of some of my main healing works to remind, or inform you, of the many practices that my tradition offers. These are of particular great support, especially for during such a challenging time.

1. Infin8Bagua Qigong Revolving Heaven and Earth\* (<https://gumroad.com/thelongevitycenter>)
2. Wudang 8\*, in particular the Metal Element move-the lungs energy, respiratory/ immune function. Increasing repetitions, but do complete set of all elements as it is a synergistic effect (<https://gumroad.com/thelongevitycenter>)
3. Infin8Bagua Circle Walking, it is a full system of practice in and of itself. I like to emphasize the energetic component for health healing protection and self-transformation
4. Six Healing Sounds Audio Meditation\* is good for emotional release and balancing, in particular the Metal Element-respiratory/immune function. but do the complete set of all elements as it is a synergistic effect (<https://gumroad.com/thelongevitycenter>)
5. To strengthen the Wei Qi, (Guardian Qi) use the 8- direction Perception and the Wuzang meditation
6. Standing I-Chuan, or Hold the Ball, hands at the chest and/or abdomen
7. The practice of short or long Tai Chi sets such as the 8, 24, 36, 48 and 88 posture forms, Yang or Chen
8. Practicing longer repetitions of the complete sets of practices, or an increase of particular practices, one can strengthen your health and well-being overall.

These practices, combined with proper lifestyle such as restful sleep, stress reduction, nutritious food intake, and herbal supplements such as Jade Wind Screen, Yin Chiao, Gan Mao Ling, Astragalus and Andrographis make for a very powerful combination.

Many of you are familiar with the more foundational practices that I have mentioned; for those you that are not familiar with the practices, the instructions are available through my various class offerings, as well as through private instruction with myself or Kai.

SOON: NEWLY AVAILABLE ONLINE PRIVATE INSTRUCTION

\*For information purposes only, please check with your licensed health care provider for your specific needs