

High-level Meditation Forum

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乙学院的在线疗愈经验，
在一个穴位上，就可以优
量平衡得到更大的改善。



Meditation and Fascia

Special invitation Andrew Scheffer, Angela Xu, Renee Cohen new friend

On Sunday, November 26, 2023 from 5:00pm to 7:00pm at the Rockefeller Center, 1270 6th Ave, 8th Floor Lounge, Manhattan, New York, the organizers will host a high-level meditation forum on "Meditation and Fascia" to discuss the physiological effects of meditation and how to achieve lifelong freedom from disease.

Fascia is a layer of fibrous connective tissue (loose or dense connective tissue) that runs through the body, underneath the skin, and surrounds muscles, muscle groups, blood vessels, nerves, and internal organs. There are three types of fascia, called superficial fascia, deep fascia, and visceral fascia (subplasma fascia), which run continuously up and down the body.

Fascia wraps around muscles and provides tension, and may become sticky due to trauma, infection, inflammation, etc., affecting blood circulation and activity level. How to return daily life posture to a neutral position and relax the fascia to alleviate the pain and soreness is a topic of civilized disease nowadays. As the old saying goes: "The tendons are soft and the bones are straight". "One inch longer tendon, ten years longer life".

Taiyi inheritor Zhang Xunhua site to share through the "movement, static, fixed", "reproductive wave" to improve the effect of meditation, rapid and direct changes in cell structure, so that all physiological problems do not affect the psychological, so that meditation into the high-dimensional, so that you feel the lifelong hope that the goal of no disease!

The forum has shared and experienced various forms of meditation.

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