

LINEAGE

THE PERPETUATION OF GRATEFULNESS





Diederik Theodorus Leijenhorst & Alberdina Kroes

QIGONG

Zhang Yu

- Xing Ti Daoyin
- Zirandong (spontaneous movement qigong)

Shen HongXun

- Taiji wuxigong
- Buqi
- Yang-stijl Taijiquan
- Taiji 37
- Zirandong (spontaneous movement qigong)



Lu GuanJun

- Xing Ti Daoyin
- ZhanZhuang
- WaiQi LiaoFa
- Qing Zuo
- Zirandong (spontaneous movement qigong)



Chrissie Coburn Krzowska

- Taiji Qigong
- Five Animal Qigong (Wu Qin Xi)
- Zirandong (spontaneous movement qigong)
- TongLen meditation
- Tibetan Buddhism in general
- Kinesiology



Yang JwingMing

- White Crane Qigong
- Taijiqigong
- Five Animal Qigong (Wu Qin Xi)
- Four Season Qigong
- Ba Duan Jin
- Embryonic breathing
- Small Circulation
- Qinna
- Various



JOSEPHINE ZÖLLER

- Five Animal Qigong
- Jingang Qigong
- Shi Ba Shi Liao Goong
- Various

BRUCE KUMAR FRANCIS

- Various



Ji JIANCHENG

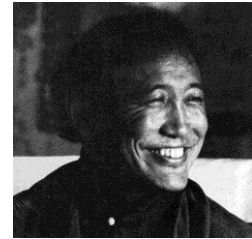
- Yijin Xishui Gong
- 5 Element Qigong
- Qinna



TIBETAN BUDDHISM

Lama Chime

- Green Tara Meditation
- Dzogchen
- Mahamudra
- Khenpo Gangshar initiation



Tenzin Wangyal Rinpoche

- 5 Element Yoga (Shamanic & Tantric)
- Dream Yoga
- Sleep Yoga
- Chöd
- Bardo
- Phowa
- Tummo Yoga
- Dzogchen
- Varoius



Chrissie Coburn Krzowska

- General Tibetan Buddhism
- TongLen meditation



Irini Rockwell

- Five Wisdom Energy teachings
- Mindfulness & Awareness meditation
- TongLen meditation



Dagsay Tulku

- 5 Element Yogas
- Phowa
- Tummo
- Various



Dzogchen Ponlop Rinpoche

- Bardo
- Union of Mahamudra & Dzogchen



Thrangu Rinpoche

- Sutra Mahamudra

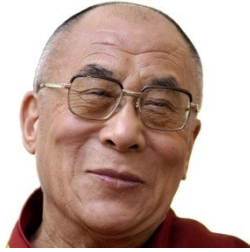


Akong Rinpoche

Medicine Buddha initiation
Chenrezig initiation

Dalai Lama

- Lojong
- Akshobya initiation
- Bardo



Drupon Khenpo

- Lojong



Lama Gangchen

- Ngalso
- Medicine Buddha initiation
- Five Wisdom Dakini initiation



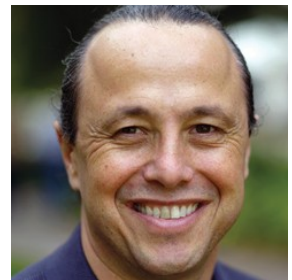
Tsultrim Allione

- Feeding Your Demons process



Alejandro Chaoul

- Trulkhor



ZEN BUDDHISM

- Sakiyama Roshi
- Taiten Guareschi Roshi
- Ton Lathouwers

MARTIAL ARTS

Judo

Jan Weijers
Joop Hellegers

Gongfu (wushu)

Klaas Padberg Evenboer
Jef Hasbrouck
Lai Ng Sam
Yang JwingMing

Okinawa goju-ryu karate-do

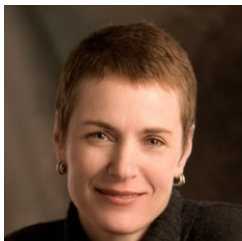
Harry de Spa
Morio Higaonna
Various

Mixed Martial Arts

Bas Rutten
Various



INTEGRAL THEORY & PRACTICE



Diane Musho Hamilton



Terry Patten



Marc Gafni