

## Final Project

- Describe the step down of energy in 4 – 6 pages. Start with Wu Chi step and end at 5-Element step. Take ½ to a full page to describe Wu Chi and how it relates to Asian Bodywork.
- Take another page to describe Tai Chi step (Yin and Yang) and how it relates to Asian Bodywork. HINT: Tai Chi is the balance of yin and yang. You could speak to yin and yang organs or channels in the body, etc.
- Take another page to describe the Triune step. Here you may choose to talk about the 3 principle currents (Air Principle, Fire Principle, Water Principle) and how they relate to bodywork. You may write about the triune function the chakras and how each chakra has a positive, negative, and neutral influence.
- Finally take a page or two to describe the 5-elements. Compare and contrast the Space element of Ayurveda to the Wood element of TCM; compare and contrast the Air element of Ayurveda to the Metal element of TCM; write also about the Fire, Water, and Earth elements; relate the elements to the chakras, the meridians, and to the points.
- No print-outs of other people's work will be accepted! All work must be original, in your own words, and it must be well researched and sited. For hints on how this is done please visit: <http://oohlalaspayolasite.com> and click 'how to write a research paper.'"