Integrative Body-Mind Training (IBMT)®

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IBMT was developed in the 1990s by Prof. Yi-Yuan Tang in China based on his scientific research and personal practice guided by over 20 teachers and masters. IBMT belongs to the body–mind science of the ancient Eastern tradition and lineage and originates from ancient Eastern contemplative traditions. The techniques of IBMT come from the traditional Chinese medicine, Zen, Taoism and Confucianism. Chinese tradition and culture are not only a theory of being but also (most importantly) a life-long experience and practice.

Unlike other techniques, IBMT stresses no effort or less effort to control thoughts and to achieve a state of restful alertness that allows a high degree of awareness and balance of the body, mind and environment. This meditation state comes naturally through posture, relaxation, imagery, body-mind balance and harmony. The meditation state is also facilitated through training and coach–group dynamics, harmony and resonance led by qualified coaches. Coaches are responsible for providing a relaxed and tranquil atmosphere and guiding participants to awaken the natural states of being and presence through diverse ways. They monitor the participants to ensure the techniques are practiced properly, and closely observe facial expressions and body cues for signs of struggle or stress. After each session, coaches give participants individual feedback and answer questions. Following these guidance, participants regulate and change body-mind states and dynamics, and have deeper understandings and insights on how to practice naturally and effectively in each session and daily life. These processes create new brain networks that can consolidate new learning and achievements and support positive changes in body, mind and behavior. Coaches believe everyone has full potential for inner beauty and wisdom, and it is their job to guide participants in unfolding their full potential through personalized feedback. In other words, IBMT practice is guided and catalyzed, rather than taught, by qualified coaches.

IBMT has three levels of training for adults, and one level — health and wisdom — for children. The three levels of adult training include body-mind health, body-mind balance and body-mind purification. IBMT involves several key theories and techniques, we believe that the integration of the various methods into one easy-to-use training package may be one of the factors why IBMT is effective at such a low dose. For example, after a short-term IBMT of just five sessions — and just 20 minutes each session — participants show increased attention, relaxation, body-mind awareness and brain activity. Most participants notice a significant

Adults who master all three levels, as demonstrated by theoretical and practical testing, can apply to become a coach. Potential coaches must have experience and receive further training by working with trainees to ensure they understand the training exactly as it is intended. A qualified coach is someone who has completed IBMT series of training, achieved the levels of IBMT and passed associated certification tests, participated actively in the IBMT intervention as part of daily training, and demonstrated the ability to effectively interact with and engage trainees. The role and skill of the coach in effectively engaging participants is critical. The coach needs to know how to guide and catalyze the trainees properly and to help them obtain the desired state following insight and internal call. Coaches could well be a part of the effective ingredient of IBMT, and their role warrants further research.

IBMT is an experiential learning. Based on training many thousands of adults and children ranging in age from 4 to 90, we have found that IBMT learning and practice from a qualified coach, rather than from a manual or CD script, is an effective way to grasp and benefit. Similar to other skills learning, for example, nobody uses a manual to learn swimming or biking.

IBMT References (*Students in my lab).

These papers can be downloaded via www.yi-yuan.net


