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## John Salat inspires human awareness

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John Salat describes himself as an innovative optimist whose goal is to inspire human awareness. Through his recent book release "Tao Art of Flow," he taps into the conscious evolution by utilizing 30 years of personal experience in bio-energetic healing stemming from living Eastern principles. He frequently teaches classes in Tai Chi and Gi-Gong at the Awakenings store here in Laguna Hills.

Salat also teaches a class in what he calls "Integrative Dance" once a month at the Temple of Light in Lake Forest. "It's a two-hour body/soul movement class to music that I like to say is an expansion of Tai Chi. It's very intense and allows people to get outside themselves. I do talk throughout the class to guide everyone through their own personal awareness journey. The class is meant to help people form a sense of relief, give them a self-connection to integrate their bodies and minds."



John Salat

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<http://TaoArtofFlow.com>

As a certified Reiki Master, seasoned Tai Chi and Qi-gong instructor and registered Sidha®, Salat has led many effective communication seminars teaching these living principles.

During his own travels to China, Salat visited a dozen sacred temples, including where Tao and Confucianism originated. He had a lot of hands-on experiences when he studied with some of the masters of Taoist principles. It was these experiences that enabled him both to teach a variety of Taoist-derived movement styles, and to assist in incorporating these ancient systems of thought into his students' lives. Salat has also participated in countless courses related to Chi at the Esalen Institute and he has integrated these, and other Taoist-derived healing modalities, into the mainstream of Western teaching.

Why did he write his book? "I wrote a book about eight years ago and had always wanted to do another, with all the economic turmoil that started a few years ago, things started to slow down and I found I finally had the time. That time really motivated me to write a book about the energy factors that I had been studying."

Born here in Southern California and living here with his family, Salat has been teaching here for more than 30 years. "What I love is that it's not unusual when participating in my integrative dance class for members to tell me afterwards that they have felt they have created memorable experiences that are not just for the moments they're there, but for long afterwards," he said.

Anyone interested in finding out more on Salat's classes can log onto <http://chiflows.com>

