SMILE

Introduction to the SMILE KaiMai Program Workshop

— A World Leading Health Program

SMILE KaiMai Program (also known as SMILE Program), a clinically-proven life-changing health program, is one of the very few mind-body exercise therapies supported by clinical research evidence demonstrating improvements across a wide range of health indicators and risk factors. These include anxiety, depression, stress, sleep quality, body weight, waist circumference, blood glucose, muscle strength, physical function, and quality of life. It represents one of the latest international frontier research achievements in chronic disease prevention and management and is recognized as being at the international leading level.

Its excellent clinical outcomes are mainly attributed to the following factors:

- ✓ First, technically, the program integrates the essence of popular exercises Tai Chi, Qigong, dance, resistance training, and other movement modalities. It is developed based on both Traditional Chinese Medicine and Western medical theories, while also incorporating the latest international clinical research findings in exercise and health, which is very important as we know.
- ✓ Second, the program includes a variety of formats such as lying, seated, standing, walking, and running practices. It is simple, practical, and effective. More importantly, it can be easily and flexibly integrated into daily life and work, making it practical for real-world application.
- ✓ Third, and most importantly, while practicing SMILE KaiMai, participants could sense their bodies, experience the flow of energy within themselves, appreciate their own beauty, and release stress and emotions, bringing both body and mind into a state of joy and wellbeing, making it possible for long-term adherence and health benefits.

Therefore, all of the above make the SMILE KaiMai Program an evidence-based unique health program.

SMILE KaiMai courses have received enthusiastic responses and high praise from participants in many countries around the world. The program has also been selected as a university-wide elective course at Beijing University of Chinese Medicine, the premier institution of Traditional Chinese Medicine in China, where it has been reviewed by students as one of the most popular courses.

Objectives of This Workshop:

Through this introductory training program, participants are expected to learn, experience, and master selected components and techniques of SMILE KaiMai Program, and to apply them in daily life and work in order to gain health benefits.

We are honored to have the founder of SMILE KaiMai Program, an internationally renowned mind-body movement therapy expert Professor Dr. Liu Xin, personally teaching this course. This is a rare opportunity. Due to limited venue capacity, spaces are limited and will be allocated on a first-come, first-served basis.

Welcome to join the SMILE Program training course — let us SMILE together, open the meridians together, and move toward better health together!

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SMILE 开脉学习班简介

—— 国际领先的运动健康项目

SMILE 开脉项目（亦称 SMILE Wellness Program）是一项经临床研究证实、能够改变生活方式与健康状态的健康项目。它是目前极少数拥有临床科研证据支持的身心运动疗法之一，能够在多项健康指标和风险因素方面产生改善效果，包括焦虑、抑郁、压力、睡眠质量、体重、腰围、血糖、肌肉力量、身体功能以及生命质量等。该项目代表了当前国际慢性病预防与管理领域前沿科研成果之一，并处于国际领先水平。

其良好的临床改善效果主要归因于以下几个方面：

首先，在技术层面，该项目融合了太极、气功、舞蹈、抗阻训练等多种运动形式的精华。它建立在中医学与西医学理论基础之上，同时结合了国际最新运动与健康临床研究成果，这一点尤为重要。

其次，该项目包含躺、坐、站、行、跑等多种练习形式，简单、实用且有效。更重要的是，它能够轻松、灵活地融入日常生活与工作之中，因此更适合在真实生活场景中长期应用。

第三，也是最重要的一点，在练习 SMILE 开脉时，参与者能够更好地感知自己的身体，体验体内能量的流动，欣赏自身之美，并释放压力与情绪，使身心达到愉悦与健康的状态，从而更容易长期坚持并获得持续的健康收益。

因此，以上诸多特点共同使得 SMILE 开脉成为一个国际上少有的以循证医学为基础的独具特色的健康项目。

SMILE 开脉课程已在世界多个国家获得学员们的热烈欢迎与高度评价。该项目还被列为中国中医药最高学府——北京中医药大学的全校选修课程，并被学生们誉为最受欢迎的课程之一。

本次学习班预期目标：

通过本次入门学习班，学员将学习、体验并掌握 SMILE 开脉项目中的部分核心内容与技术，并能够将其应用于日常生活与工作之中，从而获得健康收益。

我们非常荣幸邀请到 SMILE 开脉项目创始人、国际著名身心运动疗法专家刘新博士、教授亲自授课。这是一次十分难得的学习机会。由于场地有限，名额有限，报名将按照先到先得的原则进行。

欢迎大家参加 SMILE Program 学习班——让我们一起 SMILE，一起开脉，共同迈向健康人生！

