

“Xin Dao” Retreat Center



A WEEK OF TAIJIQUAN

Would you like to learn a Taijiquan form, improve or remember a form that you have already learned? Then you could do that in our Retreat Center in the Southwest of France.

We propose a week of Taijiquan. The old barn has been transformed into a beautiful training dojo with a view on the mountains (the Pyrenees)



You arrive on Sunday, and we begin with our training on Monday morning.

We start our day with EMei Qigong Stretching Exercises (E Mei Shen Zhan Gong). Then we do two hours of Taiji in the morning and after the lunch break another two hours in the afternoon.

The first two days of the week we are going to practice and learn the Sun style competition form that consists of 73 parts and is very close to the original form of Sun Lutang. Sun style is typical for its characteristic agile and light footwork combining advancing and retreating. A lot of times the weight is on one foot with the other foot either “following” or “drawing in”.

The second half of the week we are going to practice and learn the Yang style 108 form which is a meditative traditional form.

There will be a group of 5 to 10 people maximum. Lodging in our place is limited, however there is a possibility for camping, or we can arrange accommodation in the neighborhood.

Time of arrival Sunday from 16.00 till 20.00

Time of departure Saturday after breakfast

Prices:

€ 985, -

€ 200, - for the food

What is included:

6 nights, bedding and towels are provided

Breakfast, lunch and diner

5 days training Taiji

Access to Jacuzzi and Swimming pool

Location:

Lieu dit Belloc
32450 Semezies Cachan
Departement Gers

Email: xindaoretreat@icloud.com

Tel. 0033 6 70987798

We are looking forward welcoming you here
Please contact us for further information and dates

Bernhard Nessensohn and Janet Holtkamp