

# "Xin Dao" Retreat Center



## A WEEKEND OF YANG STYLE TAIJIQUAN

Would you like to learn a Taijiquan form or improve/remember a form that you already learned? Then you could do that in our beautiful place in the Southwest of France.

We propose for you a weekend of Taijiquan. We have an beautiful outdoor training dojo with a spectacular mountain view (the Pyrenees).



You'll arrive on Friday late afternoon and leave on Sunday evening. We'll begin with our training on Friday evening after arrival.

We'll start our training with EMei Qigong Stretching Exercises (E Mei Shen Zhan Gong). Then we do two hours of Taiji in the morning and after a lunch break another two hours in the afternoon. On Friday evening we'll have a warming up and an hour and a half of training.

In this weekend we'll focus on Yang style 108 form which is the traditional form, that was taught by Yang Cheng Fu the grandson of the founder of Yang style Yang Lu Chan. Bernhard learned this style from his teacher Zhu Shao Fan. The form is characteristic for its smooth and slow movements.

There will be a group of 10 people maximum and a minimum of 5. Lodging in our place is limited, there is a possibility for camping or we can arrange accomodation in the neighbourhood.

### **Costs all inclusive:**

440.- € p/p

- 2 nights in a two persons bedroom in our gîte or in our yurt (shared bathroom and shared kitchen), breakfast included
- swimming-pool
- 2 times lunch and 2 times dinner
- 2.5 days of training

### **Costs training only:**

180.- € p/p

### **Next dates:**

24 - 26 october 2025

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