

# “Xin Dao” Retreat Center



## A WEEK 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 week of Taijiquan. We have an beautiful outdoor training dojo and with a spectacular mountain view (the Pyrenees).



You'll arrive on Sunday evening and we'll begin with our training on Monday morning.

We'll 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 a lunch break another two hours in the afternoon.

In this week we'll focus on Yang style 108 form which is the traditional form, that was taught by Yang Cheng Fu the grandsong of the founder of Yang style Yang Lu Chan. I learned this style from my 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:**

- 6 nights in a two persons bedroom in our gîte or in our yurt
- swimming-pool and jacuzzi
- 6 times breakfast, 5 times lunch and 5 times dinner
- 5 days of training

1185.- € p/p

### **Costs without accomodation:**

- 5 times lunch and 5 times dinner
- 5 days of training

645.- € p/p

### **Costs training only:**

375.- € p/p

Please contact us for further informations and for dates

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