

"Xin Dao" Retreat Center



A WEEK OF YANG STYLE TAIJIQUAN Afternoons only

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).



If you stay in our place you'll arrive on Monday morning and we'll begin with our training on Monday afternoon. The week ends on Friday evening after the training. If you want to stay longer and/or come earlier, please contact us.

We'll start our training with EMei Qigong Stretching Exercises (E Mei Shen Zhan Gong). Then we do two and a half hours of Taiji. The mornings you'll have time for yourselves to enjoy our place and the surroundings, or you can book a treatment of Chinese energywork with Janet.

In this week 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:

810.- € p/p

- 4 nights in a two persons bedroom in our gîte or in our yurte (shared bathroom and shared kitchen)
- swimming-pool
- 4 times breakfast, 5 times lunch and 5 times dinner
- 5 days of training

Costs training only:

225.- € p/p

Next dates:

01 - 05 September 2025

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