

# "Xin Dao" Retreat Center



## A WEEK OF SUN 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.

In the morning, we will begin with EMei Qigong (EMei Shen Zhan Gong) stretching exercises. Then, we will have two hours of Taiji, and after the lunch break, we will practice for another two hours.

In this week we'll focus on the modern Sun style 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 either "following" or "drawing in". It is also characteristic of the opening and closing movements of the hands that helps the energy of the Lungs.

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:**

1115.- € p/p

- 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

### **Costs without accomodation:**

575.- € p/p

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

### **Costs training only:**

375.- € p/p

Please contact us for further informations and for dates

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