



Summer workshop “Mother Nature Taiji Chuan”

3 day intensive / retreat with
Ping Dietrich Shi & Inge Duyts
from 8 to 10 July 2020

Mother Nature Taii Chuan (Nature Taiji)

Nature Taiji is a combination of Zhi (Chi)neng Qigong and traditional Tai Chi. The series is dynamic, the movements soft and flowing. All movements spring from and are connected to Mingmen. The feet and legs are more involved in the exercises, the movements are freer. You practice the series with your eyes open: you then stay more in touch with your own centre, while observing the busy world around you.

Compared to traditional Tai Chi, Nature Taiji is more focused on experiencing and feeling the energy of nature and its healing effect.

Nature Taiji was developed by Master Hu Xilong in collaboration with Dr. Pang Ming, who developed the Zhineng Qigong. This series also activates the meridians and acupuncture points.

Nature Taiji is made up of 13 parts, which together form a whole.

In our guidance we pay a lot of attention to the essence of the movement.

By learning to move from and in connection with your body core (Mingmen) you will be able to stay more faithful to yourself and experience inner strength in your daily life and work.

We work from movement, stillness and make use of (energy from) nature.

The accommodation



<https://www.kloosterhotelzin.nl/kloosterhotel-zin/>

This former monastery has an open and quirky character due to the addition of modern architecture, but you can still feel the atmosphere of the monastery life there. Glass facades provide a connection with nature and deep lines of sight across the estate create a sense of space.

At monastery hotel ZIN you can consciously come together in a sustainable environment. The environment was already taken into account during the renovation. Durable and recycled materials provide a natural look. Our kitchen works with carefully selected ingredients of an organic nature. The household is looked after by colleagues with a disability. Their zest for work and openness are contagious and are experienced as a supplement to the day.

Check-in: Tuesday 8 July after 1 p.m.

Commencement of program 2:00 pm to 9:00 pm (including break, dinner)

Wednesday program start: 9:30 am to 8:30 pm (including break, lunch, dinner)

Thursday program start 9:30 am ((including break, lunch)

End of program: Thursday, July 10, 4:30 pm

Investment: € 450.00 (incl. VAT) The price is based on all training sessions (including evening program) during the retreat, overnight stay in a single room with private bathroom, full board (2 x breakfast, 2 x lunch and 2 x dinner).

If you also participate in the three-day "Spine Qigong" from 11 July to 13 July 2020, you will receive the extra night and dinner, breakfast and lunch for free.

Address information location: Boxtelseweg 58, 5261 NE Vught

Registration: After a deposit of € 150.00 your registration is definitively confirmed. You pay the remaining amount no later than 6 weeks before the start.

Term	Cancellation costs
Up to 12 weeks	Free
12 - 8 weeks	10%
8 - 4 weeks	20%
4 - 2 weeks	30%
2 – 1 weeks	50%
Within 7 days	100%