



SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

Invites all Tai chi friends, Tao instructors and listeners of Tao School on

Summer Tai Chi Retreat in Slovakia Tatras 17th - 27th July 2020

In the summer we have a 10 days intense focus on Tai Chi Chi Kung I. In the morning will teach form I and afternoon application of principles into form. Subsequently in second part of retreat will continue to apply self-defence in Tai Chi and improve the foundation Tui Shou, inner structures and motion techniques offered by art of Tai Chi. We will learn body wisdom, also energetic expressions, which represents the application of Tai Chi in life and in motion. Breathing into the bones and building an internal structure in Tai Chi and iron shirts work very energetically on all parts of the body. During the retreat the individual learns the practical form of Tai Chi - applying as self-defence, and at the same time begins to apply the principles of Tao - healing form.

Requirements: Basic of Tao

Schedule of retreat:

Friday:

- "14 00 Arriving and accommodation, acclimatisation
- "16 45 - 17 00 **Registration and introduction**
- "17 00 - 17 45 Taoyin
- "17 45 - 18 30 Iron Shirt I preparation for Tai chi I form
- "19 30 - 20 00 6 Healing sounds and Inner smile

From Saturday till Tuesday:

- "07 00 - 08 00 Morning detox and energetic warm up
- "10 00 - 12 00 Morning Practice – Tai chi I form
- "Local walks, relaxation, lunch time ...
- "15 00 - 17 00 Evening Practice – Tai chi I Form & Principles
- "17 15 - 18 00 Taoyin
- "19 30 - 20 00 6 Healing sounds and Inner smile or sunset meditation

Sunday: 19 30 - 20 30 **Lecture Tai chi form principles**

Wednesday

- "16 45 - 17 00 **Registration and introduction**
- "17 15 - 18 00 Taoyin
- "19 30 - 20 30 **Lecture Tai Chi self-defence**

From Thursday till Sunday:

- "07 00 - 08 00 Morning detox and energetic warm up
- "10 00 - 12 00 Morning Practice – Tai chi I application self -defence and Tui Shou
- "12 00 - 13 00 **Tai chi II & Tai chi III for those who know the form**
- "Local walks, relaxation, lunch time ...
- "15 00 - 17 00 Evening Practice – Tai chi I Form Principles
- "17 15 - 18 00 Taoyin
- "19 30 - 20 00 6 Healing sounds and Inner smile or sunset meditation

Monday: 07 00 - 08 00 Morning warm up and Tai Chi
10 00 - departure

Additional program:

- Sunday "06 30 - 14 00 half-day trip Žiarska chata, Šarafins waterfall in beautiful West Tatras mountains
- Wednesday "06 30 - 14 00 half-day trip to Salaš Pastierka
- "Daily local walking around (Weiči -go on terrace) or petang, minigolf

Prices: Summer 10 days intensive retreat of Tai Chi in Tatras Slovakia
Tai Chi Chi Kung I form & principles 150€
Tai Chi Chi Kung I principles & self-defence 150€
Total complete Tai chi retreat 2020 250€

Place: Hotel Spojár – Heart of beautiful West Tatras www.spojar.sk
(10km from Liptovský Mikulaš (LM) direction to Žiar, 300m behind village)
300 km from Bratislava, direct train to LM with bus transfer to hotel

Accommodation: night per person 15€ two beds room.

Food: on the place ala cart, or pension/ full or half

Accommodation and boarding will pay every person on the Reception

Registration: by mail, taojoga@taojoga.sk or via telephone, or personally.

At the same time is necessary soon, places are limited, latest till end June

Pay via banking transfer non-refundable registration deposit 100€. The rest is paid at registration on place.

Name and address of bank account:

Mgr, Július Masarovič - LIEČIVÁ TAO ALCHÝMIA
IBAN SK43 1100 0000 0026 2581 8442 BIC (SWIFT) TATRSKBX
In remark put the whole name of participant

Team of UHT Slovakia



Lecturer: Július Masarovič, senior instructor of the Universal Healing Tao system. Working in system for over 15 years, and has been trained for under Master Mantak Chiu in Tao Garden, Thailand. Graduate Master of Physics, 10 years of practice in brokerage, banking, graduate of Traditional Chinese Medicine in Phototherapy and Chinese Dietetics. He has experience, practice in Zen meditations and unify scientific knowledge with old Taoist practices. He specializes in Inner Alchemy. He is member of Council of 9, country Coordinator for V4 and Slovakia. Over 15 years he trained and methodically taught over 2,000 students. Since 2004 he has been running and running Tao School, where he trained 25 certified instructors



Assisting Lecturer: Martina Medvecká, certified instructor of the Universal Healing Tao System, practitioner and teacher of the Chineitsang Massages. Working for the last 5 years full-time as a Tao instructor and lecturer. She graduated from the Pedagogical Faculty of the University of Bratislava. She worked for senior management in travel and IT company, certified coach diploma. She is a certified graduate of the IZI LLC method, led by Dr. Hew Lena (Knowing My Own through the Hooponopono Technique). She is a graduate of the Yoga course in everyday life, the Silva Method of Mind Control and Angelic Healing. She has consecration to Imara Reiki.



Assisting Lecturer & Translator Jozef Neubauer, certified instructor of the Universal Healing Tao System. He has active sportsman background and investigation carrier. He has experience in Zen meditations.



Assisting Translator: Nina Paulinyová, certified instructor of the Universal Healing Tao System, practitioner of the Chineitsang Massages. She is English teacher in school. She has experience in dreaming yoga, Buddhist meditations.

Contact us: 00421 905 253 978, E-mail: taojoga@taojoga.sk, http: www.taojoga.sk