



# SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

## Spring Retreat in Slovakia Iron shirt I & Tao of Exercises 28<sup>th</sup> April - 03<sup>th</sup> May 2020

In the spring time we have a 6 days intense focus on Tiantien and Iron shirt Chi Kung. The purpose of intensive weekend stays is to work well in a mountain environment, recharge and recharge the battery after the winter. At the same time, improve in the physical exercises of the Iron Shirt, Tiantien chikung and Tai chi inner structure, but also relax in Taoyin and wellness, without the usual daily disturbing influences of work. We will work a lot with the tendons releasing and strengthening them... good for liver. We will focus on building qi pressure, and packing the organs and fascia, inner layers with qi. The energy of Tiantien abdomen is the foundation of vitality, strength and endurance.

The Retreat is designed for advanced practitioners of system Taoyoga and also beginner students. First part involved with learning precisely rooting principle, packing process, Chi belt and Inner structure in Iron shirt I, which is important part of physical exercises, than the chi flow nicely in body. The aim of the Retreat is also to increase the supply of red blood cells enriched with negative ions in a high mountain environment, thereby increasing the magnetic potential of the individual. Also sucking power of Tiantien - embryonic immortal respiration.

### Retreat is for both, advanced, also beginners of Tao

**Requirements:** Attended Basics of Tao

**Teaching language:** held in Slovak, with direct translating in English

**Date:** 28<sup>th</sup> April - 03<sup>th</sup> May 2020 6 days

Hotel Granit Smrekovica 1427 m high of the Great Fatra Mountains

### Schedule:

#### Tuesday:

From 14:00 Arriving & accommodation, acclimatisation

#### Wednesday:

07:00 - 08:00 Chikung warm up, hitting detox

08:00 - 09:00 Breakfast

10:00 - 13:00 Iron shirt chikung I Theory & practice

13:00 - 14:30 Lunch & relax

14:30 - 17:30 Iron shirt chikung I positions

17:30 - 18:15 Taoyin

18:15 - 19:00 Dinner

22:00 Relax

#### Thursday:

07:00 - 08:00 Chikung warm up, hitting detox

08:00 - 09:00 Breakfast

10:00 - 13:00 Iron shirt chikung I bones & muscles

13:00 - 15:00 Lunch & relax

15:00 - 17:00 Iron shirt chikung I bones packing

17:15 - 18:00 Taoyin

18:00 - 19:00 Dinner

19:00 - 20:30 **Introduction & registration**, Lecture of Tao Exercises

20:30 - 21:00 6 Healing Sounds & Inner Smile

22:00 Relax

#### Friday:

07:00 - 08:00 Chikung warm up, morning warm up, hitting detox

08:00 - 09:00 Breakfast

10:00 - 12:00 Tantién Čikung Theory practice with slide show Tantién Čikung Theory practice with slide show

12:00 - 15:00 Lunch & Relax in wellness

15:00 - 17:00 Positions of Iron Shirt I, pushing - Inner structure

17:15 - 18:15 Taoyin

18:15 - 19:00 Dinner

19:30 - 20:00 6 Healing Sounds & Inner Smile

20:00 - 22:00 Taoist movie

22:00 Relax

**Saturday:**

7:00 - 08:00 Chikung warm up, morning warm up, hitting detox

08:00 - 09:00 Breakfast

10:00 - 12:00 Tantién Čikung Theory practice with slide show

12:00 - 17:00 Lunch, trip to Rakytov, relax in Feng shui Wellness 200 m2

17:30 - 18:15 Taoyin positions Dragon, Bamboo & Shooting the Arrows

18:15 - 19:00 Dinner

20:00 - 21:00 Common session

22:00 Relax

**Sunday:**

07 00 - 08 00 Morning detox and energetic warm up

10 00 - 12 00 Morning practice Tantién chikung summary, Iron shirt and Tai chi chikung I

12 15 - 13 00 Taoyin and conclusion

13 30 Common lunch in koliba...

**Prices:** Iron shirt I 150 €

Tao of Exercises 150 €

Complete Retreat 250 €

**Place:** Hotel Granit – a beautiful mountain environment with clean air 1400 m high!

<https://granithotels.sk/en/our-hotels/smrekovica/>

(18 km from Ružomberok direction to Donovaly, 8 km up from point Restaurant Bodega in village Podsuchá)

260 km/3 hours by car from Bratislava, Vienna airport+60 km

**Accommodation:** 1 night with half pension 33 € in double room

Good price accommodation, buffet breakfast and a choice of 2 food lunch & dinner and wellness!

Accommodation and boarding will pay every person on the Reception

**Registration:** by mail, [taojoga@taojoga.sk](mailto:taojoga@taojoga.sk) or via telephone, or personally.

At the same time is necessary best before end February

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

Name and address of bank account:

Mgr, Július Masarovič - LIEČIVÁ TAO ALCHÝMIA

Address Vilová 9, 851 01 Bratislava

IBAN SK43 1100 0000 0026 2581 8442 BIC (SWIFT) TATRSKBX

In remark put the whole name of participant



## Team of Universal Healing Tao 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 Chia in Tao Garden, Thailand. Graduate Master of Physics, 10 years of practice in brokerage, banking, graduate of Traditional Chinese Medicine in Herbal & Dietetics. He has experience, practice in Zen meditations. It combines scientific knowledge with old Taoist practices. He specializes in Inner Alchemy and Cosmic healing. He is member of Council of 9, country Coordinator for Slovakia. Over 15 years he trained and methodically taught over 1000 students. Since 2004 he has been running Tao School, where he trained 27 UHT instructors.



**Assisting Lecturer: Martina Medvecká**, certified instructor of the Universal Healing Tao System, practitioner of the Chi Nei Tsang 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: Jozef Neubauer**, certified instructor of the Universal Healing Tao System. He has active sportsman background and investigation carrier. He has experience in Zen meditations.

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