



SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

Spring Retreat in Slovakia Tao of Exercise 28. April -1. May 2018

In the spring time we have a 4 days intense focus on Tan tien Chi Kung. The purpose of intensive weekend stays is to work well in an 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, 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... .very good for liver.

We will focus on building qi pressure, and packing the organs and fascia, inner layers with qi. The energy of Tiantien's abdomen is the foundation of vitality, strength and endurance.

The Retreat is designed for advanced practitioners of system Taoyoga and also beginners practitioners. 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. With skin, bones and lungs detoxification increases their capacity and regenerates the alveoli. Also, the goal is to gradually reorient the breathing through the breathing technique 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.April - 01. May 2018 4 days

Hotel Granit Smrekovica 1427 m high of the Great Fatra mountains

A beautiful mountain environment with clean air!

Harmonogram:

Arriving and accommodation in Saturday 28. April from 12 00 till 15 00 acclimatisation

Saturday:

15:00 - 15:15 Registration

15:15 - 17:00 Tiantien Chikung, Iron Shirt I

17:00 - 18:00 Taojin

18:00 - 20:00 Dinner

20:00 - 21:00 6 Healing Sounds and Inner Smile

22:00 Relax

Sunday and Monday:

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

08:00 - 09:00 Breakfast

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

12:00 - 14:00 Lunch, Walking around

14:00 - 16:00 Positions The Iron Shirt I, pushing

16:00 - 17:00 Taoyin positions Dragon, Bamboo and Shooting the Arrows

17:00 - 20:00 Dinner and relax in feng shui Wellness 200 m2.

20:00 - 21:00 6 Healing Sounds and Inner Smile

20:00 - 22:00 Sleeping

Thursday:

07 00 - 08 00 Morning detox and energetic warm up
10 00 - 14 00 Morning practice Tai chi chi kung I , Thui shou
14 00 - 15 00 Summary and conclusion, departure
15 15 – 16 00 Common lunch in Bodega

On Sunday from 13 00 – 15 00 in fine weather, a planned short trip (application of tendons walking)
On Mondays from 20:00 to 22:00 there will be a common sitting party

Price for Spring Retreat Tao of Exercise 120€

Place: Hotel Gránit – Heart of beautiful Great Fatra mountains

<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 1 per person with half pension 27,25€ in double room

Great price accommodation, Half board buffet breakfast and a choice of 3 food evenings and wellness!
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 best before end March

Pay via banking transfer non-refundable registration deposit 120, - 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



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. It combines 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 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.

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