



SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

Summer Solstice Retreat in Slovakia Tao of Exercises 16th - 20th June 2021

In Summer solstice time we have a 5 days intense focus on Tantien 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, Tantien 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 chi. The energy of Tantien abdomen is the foundation of vitality, strength and endurance.

Requirements: Attended Basics of Tao

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

Date: 16th - 20th June 2021 5 days

Hotel Malina Malino Brdo 962 m high of the Great Fatra Mountains

Schedule:

Wednesday:

From 14:00 Arriving & accommodation, acclimatisation

17:00 - 18:00 Taoyin

18:00 - 19:00 Dinner

19:00 - 20:30 **Introduction & registration** Inner smile & 6 healing sounds

22:00 Relax

Thursday - Saturday:

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

08:00 - 09:00 Breakfast

10:00 - 13:00 Iron shirt & Tantien chi Kung

13:00 - 15:00 Lunch & relax

15:00 - 17:00 Iron shirt & Tantien chi Kung

17:15 - 18:00 Taoyin

18:00 - 19:00 Dinner

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

20:00 - 22:00 Common session also at go

22:00 Relax

Sunday:

07 00 - 08 00 Morning detox and energetic warm up

10 00 - 12 00 Tai chi chikung I

12 15 - 13 00 Lunch & conclusion

Prices for Retreat: Tao of Exercises 150 €

Place: Hotel Malina – a beautiful mountain environment with clean air 1350 m high!

<http://hotelmalina.sk/de/wir-uber-uns/>

4 km from Ružomberok or 10 km from direction Donovaly, Jazierce direction Vlkolinec.

Need to announce the car licence number due to get permission for National park Fatra

Accommodation: complete retreat 4 nights with full pension excellent price 145 € 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 or via telephone, or personally.

At the same time is necessary best before end May

Pay via banking transfer non-refundable registration course fee 150, - EUR. The rest is paid at reception 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 more than 20 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. He trained and methodically taught over 2000 students & 100 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.

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