



# 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 16<sup>th</sup> - 24<sup>th</sup> July 2022

A 8 days intensive, full programme retreat is planned for the summer. We will cover 13 movements Tai chi Form I and the application of principles to form in the morning. In the afternoon, energy will be cultivated with Fusion and principles for Tai Chi. Also, the application of self-defence in Tai chi will be practiced and the common movement meditation of Tui Shou, offered by Tai chi chikung I, will be perfected.

### **On retreat get one complete application of Tai Chi in life and in movement.**

*Breathing into the bones and building internal structure in Tai Chi and Iron Shirt has a very energetic effect on all parts of the body. During the concentration, the individual learns the practical form of Tai Chi - to apply as self-defence and at the same time begins to apply the principles of the Tao - the healing form. The improved form, structure helps to strengthen and energize the body, psyche, harmonize and replenish everyone who joins in.*

**Date July 16-24, 2022**

### **Schedule of retreat**

**Saturday:** 14 00 Arrival and accommodation, acclimatization  
17 00 - 18 30 Tao yin, Healing Sounds, 6 healing sounds

**Sunday:** planning whole day trip

"06 00 - 14 00 Whole day trip to the mountains

"17 00 - 18 00 Taojin

"20 00 - 21 00 **Registration and Introduction Lecture Tai Chi Form and Principles**

### **Monday through Saturday:**

"07 00 - 08 00 Morning tapping detox and energy warm-up

"10 00 - 12 00 Morning Practice - Tai Chi Form I Principles

"12 00 - 12 30 Tai Chi II and Tai Chi III practice

"Local walks, relaxation, lunch around...

"15 00 - 16 45 Afternoon practice - Fusion I and Taojin + Tai chi

- Fusion I and Tiantien chikung +Tai chi

- Fusion I and the structure of Iron shirt I +Tai chi

- Fusion I and Cosmic primordial Qigong +Tai chi

- Fusion I and Iron Shirt II +Tai chi

"17 00 - 18 00 Taojin

"19 30 - 20 00 Healing Sounds and Inner Smile

Wednesdays 19 30 - 20 30 Lecture Tai Chi and Self Defence Applications

**Sunday:** 07 00 - 08 00 Morning Energy Warm-up and Tai Chi

10 00 - from accommodation

### **Additional programme and planned excursions**

Sunday: 06 00 - 14 00 day trip Žiarska hut, saddle, Plačlivô, Šarafin waterfall

Daily walks in the surroundings, sitting on the terrace, Taichi on the go board.

**Prices:** Summer 8 days intensive retreat of Tai Chi in Tatras Slovakia

Tai Chi Chi Kung I form & Principles & self-defence 200€

**Place:** Hotel Spojár – Heart of beautiful West Tatras [www.spojar.sk](http://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: 40€ 1 person night with half pension in two beds room /single + 8€ /night.

**At stay 5 and more days**: 1 person night with half pension per 35€ in two beds room /single + 8€  
Food: on the place ala cart also available

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 soon, places are limited, latest till 15 June

Pay via banking transfer course fee or 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 Level 2 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.

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