



SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

Methodical course Tai chi Chi kung III with Walter in Bratislava

Condensing the 37 movements of Wu Style into 8 core forms, Walter will illustrate how to build a personal short-form Wu-Style Tai Chi practice. He explains how Wu-Style Tai Chi removes energetic blockages and helps to elongate the tendons, reducing stiffness and allowing the limbs to return to their natural length and full range of motion. Regular practice of Wu Style relieves back pain as well as reducing abdominal fat, the biggest hindrance to longevity.

Course is for everybody: both beginners also advanced

Teaching language: held in English, translation to Slovak

Date: 06 - 07th April 2019

Saturday, Sunday from 10:00 to 17:30

Price: 150 € / 2 days

Location: Apollo Klub, dance hall, Súkenická 4 Bratislava Slovakia

Schedule: Saturday

09 30 – 10 00 Registration, change clothes

10 00 – 13 00 Tai chi III theory & practise

13 00 – 14 30 Lunchtime

14 30 – 17 30 Tai chi III practise

Schedule: Sunday:

09 45 – 10 00 Arriving, change clothes

10 00 – 13 00 Tai chi III practise

13 00 – 14 30 Lunchtime

14 30 – 17 00 Tai chi III practise

17 00 – 17 30 Summary & End

The course price includes Theory explanation, practical techniques, management and repair

What to bring with you: loose sport clothing, pen, notepad, battle of water for drinking

Registration: by mail, taojoga@taojoga.sk or via telephone, or personally. At the same time is necessary soon, latest till end of February pay via banking transfer the course fee 150€.

Name and address of bank account:

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



Lecturer: Walter Kellenberger, senior instructor of the Universal Healing Tao system. More than 30 years since he and his wife Jutta have studied the practices of the Universal Healing Tao. They were trained personally by Taoist Master Mantak Chia for many years in Europe, USA and Thailand. Gradually his daily life became more aligned to the basics of the Taoist teaching until it became its calling. The title of senior instructor followed and the decision to offer courses worldwide came along. At the same time Walter has taught for 20 years with Master Chia at Tao Garden, Thailand.



Organiser: Július Masarovič, senior instructor of the Universal Healing Tao system. Working in system for over 15 years, and has been trained under Master Mantak Chia in Tao Garden, Thailand.

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Take care of your Health is more fun, than take care of your illness!