



# SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

## Methodical course Tai Chi Chikung I 01.-02.th June 2018 in Bratislava

In the spring time is excellent to stay for some days in Beautiful European city of Bratislava.

During these days we will focus on precise explanation and guiding and learning of Tai Chi Chikung I.

The beauty of this form is that it's easy to remember 13 moves and straightforward Tao principles can be applied. In addition, the rotating movements are excellent for energy development of the centre axis, the training area is 1 m<sup>2</sup> and it takes only 5 minutes the whole form.

The exercise will take place in the dance floor in front of the mirrors so that it will be possible to correct and get good form right now, the correct body structure. It is great to learn this form for long-term regular exercise and get the beneficial effects, enjoy the energy and the movements of this form.

In the world, more and more people are doing regular Tai Chi and Chikung exercises, what offers us Tai Chi Chikung I!

**Requirements:** recommended Basics knowledge of Tao

**Teaching language:** held in Slovak, translation in English

**Date: 01. - 02. June 2019**

Saturday, Sunday from 09:30 to 17:00

Price: 150 € / 2 days

**Location: Tao** Centre Universal Healing Tao Slovakia

Kremnická 26 Bratislava - Petržalka

(up to 8 participants)

**Schedule: Saturday,**

09:45 - 10:00 Arrival, change clothing

10: 00- 10:15 registration

10:00 - 13:00 Theory and practice

13:00 - 14:00 Lunch break

14:00 - 17:00 Practice

**Schedule: Sunday,**

09:30 - 09:45 Arrival, change clothing

09:45 - 12:45 Theory and practice

12:45 - 14:00 Lunch break

14:00 - 17:00 Practice

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

**Recommended accommodation:**

Hotel Viktor <http://www.hotelviktor.sk/en/> 20m from **Tao Center Kremnická 26 Bratislava**

or Pension Berg 200m <https://www.penzionberg.sk/en/>

Accommodation: 1 night 50€ double bed in Hotel Viktor, or single 29€ with breakfast in Berg

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

At the same time is necessary soon end of week, latest till end May

Pay via banking transfer the course fee 120€. The invoice you receive 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

### **Universal Healing Tao Slovakia Team:**



**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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