



# 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 05.-15. July 2018

In the summer we have a 10 day intense focus on Tai Chi Chi Kung I. The first part will teach form I and application of principles into form. Subsequently, the second part will continue to apply self-defense in Tai Chi and improve the foundation, inner structures and motion techniques offered by art of Tai Chi. We will learn body wisdom, also energetic expressions, which represents the application of Tai Chi in life and in motion. Breathing into the bones and building an internal structure in Tai Chi and iron shirts work very energetically on all parts of the body. During the retreat the individual learns the practical form of Tai Chi - applying himself as self-defense, and at the same time begins to apply the principles of Tao - the healing form..

**Retreat is for both, advanced, also beginners of Tai Chi Chi kung I**

**Requirements:** Basics knowledge of movements of form

**Teaching language:** held in slovak, with direct translating in English

### Harmonogram:

Arriving and accommodation in Thursday 5. July from 15 00 till 22 00 acclimatisation

The first part of the Retreat - Applying Principles in the form

Friday to Monday:

"07 00 - 08 00 Morning detox and energetic warm up

"10 00 - 12 00 Morning Practice - Taichi I Form Principles

"Local walks, relaxation, lunch time ...

"15 00 - 17 00 Evening Practice - Taichi I Form Principles

"17 00 - 18 15 Taoyin

"20 30 - 21 00 6 Healing sounds and Inner smile

Saturday 19 00 - 21 00 **Lecture Taichi principles slide show**

Tuesday: 06 00 - 14 00 detoxing trip Žiarska chata, Šarapinov waterfall

16 00 - 17 00 Evening Practice – Tai chi I form principles

17 00 - 18 00 Taojin

18 00 - 18 30 Iron Shirt I

The second part of the Retreat - self-defense application

Starts on Tuesday 16 00-18 30 Tai Chi Iron Shirt and Taoyin

Wednesday - to Saturday: Tai Chi I - application of principles and self-defense

"07 00 - 08 00 Morning detox and energetic warm up

"10 00 - 12 00 Morning Practice - Tai Chi Self Defense

"Local walks, relaxation, lunch time ...

"15 00 - 17 00 Evening practice - Tai Chi self-defense

"17 00 - 18 15 Taoyin

"20 30 - 21 00 6 Healing sounds and Inner smile

Wednesday 19 00 - 20 30 **Lecture Tai Chi self-defense slide show**

Sunday: 07 00 - 08 30 Morning Tai Chi

Additional program:

"06 00 - 14 00 on Tuesday 5 July detoxing trip Žiarska chata, Šarapinov waterfall

"13 00 - 19 00 on Friday, July 13, a half-day trip to the cottage chata pod Naružim

"Daily local hiking trips, plaing go on the terrace (Tai chi on the board)

Prices: 05.- 15 July Summer intensive retreat of Tai Chi in the Tatras  
Tai Chi Chi kung I with principles course price 120, - Eur  
Tai Chi Chi kung I self-service course fee 120, - Eur  
Complete the whole Summer Retreat Principles and self-defense 200, - Eur

Place: Hotel Spojár – Heart of beautiful West Tatras [www.spojar.sk](http://www.spojar.sk)  
(10km from Liptovský Mikuláš direction to Žiarska valley, 300m behind village Žiar)  
50 km from airport Poprad, or 300 km from Bratislava, Vienna airport+60 km

Accommodation: night per person 15,-Eur two beds room. (+50 cents local payment)

Boarding: on the place ala cart, or full pension, 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 end May

Pay via banking transfer non-refundable registration deposit 100, - 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.



**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.



**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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