



SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

Tao at sea - Retreat in Croatia 12th - 19th June 2022

It is a relaxing – healing & recovering - improving retreat. Chikung and Tai chi chikung. Breathing through the skin and special breathing techniques absorb the sea climate through morning exercises. The sea air has a beneficial effect for lungs, kidneys & bones also skin. With meditation techniques we learn to build contact with spiritual components, purify the heart and soul to feed on natural resources and exchange essence with the sea. In the afternoon, Taoyin and Tai chi chikung will be practiced. Bone breathing at sea detoxifies bone marrow and mineralizes tissue. At the same time, the cosmic inner smile can harmonize and supplement the elements of organs and glands of anyone who is added.

Retreat is for both, advanced, also beginners of Tao

Requirements: Attended Basics of Tao

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

Date: 12th -19th June 8 days

Kačjak peninsula Pavilons Crkvenica Croatia

Week schedule:

Sunday:

Arrival and accommodation on from 14 00, free acclimatization program

From Monday till Saturday (Thursday whole day trip)

- 06 30 - 07 00 Morning warm-up,
- 07 00 - 08 00 Iron Shirt & Chi Kung at the sea
- 08 00 - 09 00 Breakfast
- 09 00 - 11 00 swimming in the sea
- 11 10 - 12 30 Sitting meditation, cleaning and harmonization techniques
- 12 45 - 15 00 Taoyin and Tai chi form
- 15 00 - 18 30 Bathing & relax
- 18 30 - 20 00 Dinner
- 19 00 - 22 00 Free program, walks by the sea, promenade...

Sunday

- 06 30 - 07 00 Morning warm-up,
- 07 00 - 08 00 Iron Shirt & Bones breathing
- 08 00 - 09 00 Breakfast
- 09 00 - 10 00 Finish accommodation until 10 00 am

Additional Program:

- Nice pebble stone beach, natural coves
- Nearby are tennis courts, minigolf, ball games
- Central restaurant, bar, terrace market
- The historic town of Crikvenica
- Medieval town of Senj - a port town
- Saturday planned day trip island Krk

Place: Kačjak peninsula Pavilons Crkvenica Croatia

(50 km from Rieka direction to Crikvenica, 550 km/6 hours by car from Bratislava – Hungary - Croatia highway)

Accommodation: 7 nights with half pension cca 250€ in double room, 350€ in single room

Good price accommodation, buffet breakfast & dinner!

Course fee: Tao at sea retreat 2022 150€

Registration: by mail, taojoga@taojoga.sk or via telephone, or personally.

At the same time is necessary best before end of April

Pay via banking transfer total fee accommodation & course fee.

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 Universal Healing Tao Slovakia



Lecturer: Julius Masarovic, senior instructor of the Universal Healing Tao system. Working in system for over 15 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. Over 15 years he trained and methodically taught over 1000 students. Since 2004 he has been running Tao School, where he trained 27 UHT instructors.



Assisting Lecturer: Martina Medvecka, 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.

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