



SYSTEM UNIVERSAL HEALING TAO SLOVAKIA

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

Autumn Retreat in Slovakia Tao of Breath 04.-07. October 2018

During autumn, more needs to be done to develop the art of breathing.

The course focuses on deep practice in the world of Breath.

Breathing is an important activity in the body and it is possible to influence all processes in our body.

Breath is an amazing tool for expanding consciousness, detoxifying the body, gaining energy, and storing it.

With conscious breathing we can release stress, tension and also gain control over the heart!

The course participant will receive Taoist and scientific knowledge about breathing, knowledge of lungs and kidneys from the perspective of TCM (Traditional Chinese Medicine) and then learn to apply it through practical Taoist

techniques such as:

Primordial Embryonic Breathing

When the normal breath stops, the right breath begins.

Application of the latest teaching by Master Chia

Balancing of CO₂ and O₂

Detoxifying body with hitting and with Breath

Nasal cleaning bath

Buddhist and Taoist breathing

Breathing through five gates

Breathing of the tiger and the dragon in Tiantien chikung

Packing breathing in the Iron Shirt

Breathing in the bones and breathing through the skin

Spacious breathing and breathing with aura

Pulsing and spiral breathing

The Retreat is designed for advanced practitioners of system Taoyoga and also beginners practitioners. The aim of the Retreat is also to increase the supply of red blood cells enriched with negative ions in a high mountain environment, thereby increasing the magnetic potential of the individual. With skin, bones and lungs detoxification increases their capacity and regenerates the alveoli. Also, the goal is to gradually reorient the breathing through the breathing technique of Tiantien - embryonic immortal respiration.

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: 04.- 07. October 2018 4 days

Hotel Granit Smrekovica 1427 m high of the Great Fatra mountains

A beautiful mountain environment with clean air!

Harmonogram:

Arriving and accommodation in Thursday 04. October from 14 00 till 15 00 acclimatisation

Thursday:

14:00 - 15:00 Registration

15:00 - 16:45 Breathing in Iron Shirt

17:00 - 18:00 Taojin

18:00 - 20:00 Dinner

20:00 - 21:00 6 Healing Sounds and Inner Smile

22:00 Sleeping

Friday:

07:00 - 08:00 Chikung warm up, morning warm up, hitting detox
08:00 - 09:00 Breakfast
10:00 - 12:00 Tao of Breathing Theory practice with slide show
12:00 - 14:00 Lunch, relax
14:00 - 16:00 Tao of Breathing Theory practice
16:15 - 17:15 Taoyin positions Dragon, Bamboo and Shooting the Arrows
17:30 - 20:00 Relax in feng shui Wellness 200 m2, dinner and culture.
20:30 - 21:00 6 Healing Sounds and Inner Smile
22:00 Sleeping

Saturday:

07:00 - 08:00 Chikung warm up, morning warm up, hitting detox
08:00 - 09:00 Breakfast
10:00 - 12:00 Tao of Breathing Theory practice
12:00 - 14:00 Lunch, short trip walking around Jaošíková kolkáreň
14:15 - 16:00 Tao of Breathing Theory practice
16:15 - 17:00 Taoyin positions Dragon, Bamboo and Shooting the Arrows
17:00 - 20:00 Dinner and relax in feng shui Wellness 200 m2.
20:00 - 22:00 6 Healing Sounds and Inner Smile
22:00 Sleeping

Sunday:

07 00 - 08 00 Morning detox and energetic warm up
10 00 - 12 00 Morning Tao of Breathing practice and Summary
12 15 - 13 00 Taoyin and conclusion
14 00 - 15 00 Common lunch in Bodega

On Saturdays from 13 00 – 14 00 if nice day we plan small trip

Price for Retreat Tao of Breath 120€

Place: Hotel Gránit – Heart of beautiful Great Fatra mountains

<https://granithotels.sk/en/our-hotels/smrekovica/>

(18 km from Ružomberok direction to Donovaly, 8 km up from point Restaurant Bodega in village Podsuchá)
260 km/3 hours by car from Bratislava, Vienna airport+60 km

Accommodation: 1 night / per person with half pension 27,25€ in double / 32 € in single room.

Great price accommodation, Half board buffet breakfast and a choice of 3 food evenings and wellness!
Accommodation and boarding will pay every person on the Reception

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

At the same time is necessary before latest till end August

Pay via banking transfer non-refundable registration deposit 120, - 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.

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