



# 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 07-11<sup>th</sup> October 2020

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 Taoist techniques:

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 beginner 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: 07 – 11<sup>th</sup> October 2020 5 days**

Hotel Granit Smrekovica 1427 m high of the Great Fatra Mountains

A beautiful mountain environment with clean air!

### Time Schedule:

#### Wednesday

Arriving and accommodation from 14 00 acclimatisation

#### Thursday

07 00 - 08 00 Morning detox and energetic warm up

10 00 - 13 00 Morning Practice: Bone breathing

13 00 - 15 00 Lunch relaxation walk

15 00 - 17 00 Afternoon practice: Breathing & packing in Iron shirt

17 30 - 18 30 Taoyin & Tiantien breathing

20 30 – 21 00 Inner Smile & 6 Healing Sounds

**Friday Saturday:**

07 00 - 08 00 Morning warm up

10 00 - 12 00 Morning Practice: Theory and Practice

12 00 - 14 00 Lunch relaxation walk

14 00 - 17 00 Afternoon practice - breathing meditation

17 00 - 18 00 Taoyin, Inner Smile and 6 Healing Sounds

19 30 – 20 30 Evening lecture Tao of Breath

20 30 – 21 00 Inner Smile & 6 Healing Sounds

**Sunday:**

07 00 - 08 00 Morning warm up

10 00 - 12 30 Morning practice

12 30 - 13 00 Summary and conclusion, departure

14 00 - 15 00 Common lunch in Bodega

Saturday from 13 00 - 17 00 will be realised small Trip to hill Rakytov 1500 m with view out (Bone breathing)

**Price for Retreat Tao of Breath 150€**

Place: Hotel Granit – 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 32 €.

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](mailto: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 150, - 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

## UHT Team Slovakia



**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. Working in UHT System 8 years, active participant on Slovakia retreats & workshops in Europe & Tao garden in Thailand.

Contact us : 00421 905 253 978, E-mail: [taojoga@taojoga.sk](mailto:taojoga@taojoga.sk) , http: [www.taojoga.sk](http://www.taojoga.sk)