



T'AI CHI CH'UAN & ENCHANTED MOUNTAIN QIGONG

**October 24 & 25 Turkey Meadows
Retreat Meadows of Dan, VA**

You are invited to experience the wellness benefits of Chinese Qigong and T'ai Chi Ch'uan. We will explore T'ai Chi and Qigong in nature, with workshops focusing on movement, philosophy, and healing. **Qigong** brings optimal health to its practitioners through its life-enriching path of rejuvenation and self-actualization. **T'ai Chi Ch'uan** combines exercise, meditation, and self-defense into one complete movement system. Based on Taoist philosophy, T'ai Chi's hallmarks are non-violence, yielding, and neutralization; principles that can be applied to everyday living. Both arts are wonderful compliments to all other physical, mental, and spiritual endeavors. *[Open to all levels of experience.]*

Schedule

Saturday, Oct. 25 – 2:00 – 5:30 pm

Introduction to T'ai Chi Ch'uan & Qigong – “The Eight Pieces of Brocade” and “Theory, Philosophy, & Movement of T'ai Chi Ch'uan” Exercises to boost energy and promote healing.

Sunday, Oct. 26 – 8:30 – 11:00 am

“The Eight Pieces of Brocade” review, T'ai Chi Ch'uan form review, Standing Meditation.

Arrive Saturday at noon. Workshop ends Sunday, noon. Payment of 150.00 payable to: Beth Winn. Space limited to 12 participants.

Your Instructor - Sifu Eric Reiss has practiced T'ai Chi Ch'uan & Qigong since 1973, when he began studying with Dr. Marshall Ho'o, who certified him as First Rank Instructor in 1989. In 1999, Sifu Reiss founded the Silk Tiger School of T'ai Chi Ch'uan. A published author and frequent lecturer, Sifu Reiss teaches throughout the Piedmont region of North Carolina.

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REGISTRATION FORM

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

I am in good health and have received permission from my primary care physician, if necessary, to participate in this workshop. My responsibilities include informing my instructor of pre-existing health conditions which may limit me or pose possible risks in the performance of the exercises, and exercising responsibly by staying in tune with my body and avoiding over-exertion.

Signature/Date: _____

I have included payment of 150.00, payable to: Beth Winn. This includes one overnight accomodation, meals, and the workshop. Supporting teaching materials may be made available for an additional fee, and are optional.

ABOUT THE FACILITY

The log house is situated on 27 acres in Meadows of Dan, VA, about 90 minutes north of Greensboro, North Carolina. Participants will share a comfortable bedroom, each with a lovely view. There are several porches, deck, and balconies from which our guests can enjoy the view. The Finnish sauna and the large soaking tubs help our guests relax and unwind.

FOR MORE INFORMATION, CONTACT: BETH WINN: elwyogi@bellsouth.net

(336) 674-1400 For views of Turkey Meadows, visit: www.juicefasts.com