

SPANISH SUMMER QIGONG RETREAT

16TH-23RD AUGUST 2013 – 7 DAYS

FOR REJUVENATING, BALANCING & CONNECTING WITH NATURE

Set in the beautiful Andalucian mountains of Spain at the Valle de Vida Retreat centre the Retreat will include daily teaching of an extensive ShaoLin QiGong syllabus, taught by Shi XingFa. It is a great opportunity to escape for a week to visit Southern Spain and experience energy & rejuvenation through QiGong & the natural high energy mountain environment.

Valle de Vida - the Retreat centre

In a secluded green valley & surrounded by the dramatic beauty of the Pizarra mountains Valle de Vida's Retreat centre is designed to have minimal impact on its' 18 acres of unspoilt land. Surrounded by breathtaking views, vibrant flora and fauna, caves, mountain streams, springs and even a waterfall, Valle de Vida can only be reached by a 4km track that winds through the orange and lemon groves,

The Retreat centre boasts a swimming pool, sauna, hot tub, outdoor training areas, TeePee & ME-Pod luxury outdoor accommodation as well as indoor accommodation in a traditional Andalucian finca. Included as part of the retreat - a special day trip to the magical Ardales Lakes to practice specific QiGong training at this stunning "water energy" location.

QiGong will be taught daily and encompass the following:

BaDuanJin - 8 Silk Brocades - A famous QiGong form designed to stimulate the acupuncture meridians & connected organs focusing on the 3 Jiao.

YiJinJing - Muscle/Tendon Change Classic - The legendary QiGong form believed to be developed by the Buddhist monk Bodhidharma at ShaoLin Temple.

XiaoZhouTian - Little Heaven circulation - Highly meditative QiGong training to increase the flow of Qi through the RenMai, DuMai & ChongMai acupuncture channels.

TienDiRen - Heaven Earth Man - QiGong designed to link the human Qi field to the larger Qi fields of nature, the Planet & the Cosmos.

WaiQi emission & Spontaneous QiGong - the free flow of Qi through the entire human energy matrix.

ShaoLin Dhyana - ShaoLin still meditation - a vehicle to achieve "emptiness".

QiGong, or vital energy skill, is the ancient Chinese method of energy work involving various practices aimed at stimulating the flow of Qi in the human acupuncture channels & following the principles of Traditional Chinese Medicine.

Combinations of meditative focus, breathing methods, movement & stillness techniques are all aspects of QiGong. By interacting & manipulating the Qi within our bodies as well as interaction with the multitude of Qi fields around us, one can achieve an abundance of Qi flow resulting in relaxation, health, rejuvenation & vitality.

Daily Schedule:

- Pre breakfast QiGong meditation & training
- Breakfast
- Morning QiGong training
- Lunch
- Relaxation Time: explore the 18 acre centre or beyond, swim, sun bathe, sauna, hot tub or perhaps take a Siesta
- Late Afternoon QiGong theory & training
- Dinner
- QiGong meditation & training

Prices: Friday 16th August to Friday 23rd August (staying 7 nights)

£625 per person (based on shared accommodation)

£812 per person (single room in house)

£755 per person (single occupancy of TeePee or ME-Pod)

What's included ?

- All QiGong training fees
- Full board at Valle de Vida for 7 days
- All meals (vegetarian)
- Exclusive use of the Valle de Vida's Retreat Centre and it's 18 acres of nature.
- Day trip to the Ardales Lakes

Not included - Flights (Malaga airport) & transfers to Valle de Vida Retreat Centre.

For more information, training schedule, photos and links to Valle de Vida's web-site or to book on-line contact us

**You will leave this retreat feeling rejuvenated, vibrant & full of energy.
We look forward to welcoming you to our Spanish Summer QiGong Retreat!**

Contact Tranquil Retreats for more information on +447984 665 331 or email info@tranquil-retreats.com

www.tranquil-retreats.com