

The Yard Resort is proud to present

October 8 & 9, 2011

Taiji-Qigong for Health & Harmony

2-day Bilingual Retreat near Prague, Czech Republic



YARD RESORT

The Joy of Living

DATE & TIME: October 8 & 9, 2011, 9 am to 6 pm daily

LOCATION: The Yard Resort, www.yardresort.com

REGISTRATION + ACCOM.: amara@yardresort.com

COST: 2200,- CZK (chinese lunch, DVD Taiji-Qigong for Health & Harmony by Dashi Chu Kocica included)

NEAREST AIRPORT: Prague Ruzyně airport

Taiji-Qigong Exercise consists of gentle, flowing movements synchronized with the breath that **train the body in flexibility, coordination, balance and grace**. Once practiced by Chinese monks for self-defense and health, Taiji-Qigong is being used today in the West to promote fitness, vitality and overall health.

Now you have the opportunity to study Taiji-Qigong with a master and learn a 20-minute daily practice of 18 traditional Taiji-Qigong forms that will teach you:

- * **How to maximize your healing potential by cultivating your Qi or Life Energy**
- * **How to move effortlessly, with grace and economy of motion**
- * **How to experiencing movement as a "blissful flow of energy through the body"**
- * **The two Keys to Taiji-Qigong- RELAXATION OF BODY- moving slowly, smoothly, continuously; and CALMNESS OF MIND- concentrating on timing, sequence, and correct form.**

These gentle and easy-to-learn exercises are suitable for persons of all ages to reduce pain and stress, improve joint function, and rejuvenate the entire body. Taiji-Qigong also is beneficial for athletes, health professionals, fitness instructors, and energy workers to replenish Qi to prevent burn-out, enhance performance and improve posture, coordination and kinesthetic awareness.

***Dashi Chu Kocica** is an Acupuncture Physician specializing in Asian Healing Arts, and author of 7 DVDs on fitness and rejuvenation. Dashi teaches and lectures on the healing benefits of Qigong, Taiji and yoga at home and abroad. She is a China-certified in Qigong and Lian Gong, and certified in TriYoga® and LaHoChi Energy Healing. Dashi is Educational Director of the Hoshino Therapy Clinic of Miami. Visit www.asianhealingarts.org to view her calendar of workshops and international retreats and DVDs. To receive her email calendar send your name, address and telephone to info@asianhealingarts.org.*

