

**Workshops by Dashi Chu Kocica**  
**26th Annual Taiji Camp in Marçon, France**  
**Rencontres Jasnières 2013**  
**July 26-28, 2013**

**The goals of Rencontres Jasnieres (RJ) are:**

- 1- To allow all those who practice Taiji Chuan to meet - whatever their style - in a spirit of friendly exchange. In addition to learning forms, push hands and weapons, workshops on internal martial arts such as Qigong, Bagua, Hsing I are also offered.
- 2- To allow Taiji Chuan and Bagua teachers to demonstrate their art and skills.
- 3- To promote Taiji Chuan in Europe. 4- To promote an annual regional event.

**Located near the famous castles and vineyard of the Loire Valley:**

The meeting will take place at the lake-side camping grounds, Le Lac de Varennes in Marçon (40 km. south of Le Mans and 3 hours from Paris by car). The site is in the middle of the vineyards of "Jasnières" and "Coteaux du Loir", close to the famous castles of the Loire Valley.

**RJ Camp Workshops with Dashi Chu Kocica**

**July 26,27,28 (7:45-9:30 am)**  
**Swimming Dragon Qigong**



This 3-part workshop will teach an ancient Taoist form that is unparalleled for its grace and economy of movement. When practiced 20 minutes daily, it balances and stimulates the metabolism, hormones, lymph and blood circulation, promoting life-long health and inner peace. The sinuous movements of the form help to slenderize the waist, keep the spine and joints supple and pain-free, and massage the internal organs for an overall tonic and rejuvenating effect. It is reputed to be the most effective Qigong for balancing body weight (*Workshop is open to new participants on any day*).

**July 26-28: Dashi will present afternoon Demos of I Qi Gong**

**Taiji Camp Information**

Practice takes place outdoors, on the shores of the lake. There are two workshops every morning (1 hour 45 min) from 7h45 to 9h30 then from 10h15 to 12h00. Teachers will be presented on Friday, July 26 at 7h30. Afternoon practice is usually dedicated to demonstrations from 15h to 15h30 and open push hands from 15h30 to 18h. The open push hands will be non-competitive: participants invite each other to push, practice, and share. Pushers should have the greatest respect for each other, which, along with the spirit of coming together to share has become the "trademark" of the success of RJ.

Camping reservations and payment should be made directly with the campsite office Camping "Lac de Varennes", 72340 Marçon Tel: 33 ( 0) 2 43 44 13 72. A list of the nearest hotels and bed and breakfast is given for people who do not want to camp. Canteen meals are available

during the camp, but must be booked and paid in advance at the time you register for the workshops.

***For more information and to view the complete Rencontres Jasnieres 2013 Program with workshop descriptions, registration forms and list of accomodations, visit <http://aramis72.taichi.free.fr/articles.php?lng=fr&pg=137>***

***Cost of 3 day camp: 85 € for a registration in advance, 115 € on arrival. Participants should pre-register for workshops of their choice (1st & 2nd choice), based on availability.***

***Contact Dashi at [info@asianhealingarts.org](mailto:info@asianhealingarts.org) or call US 305-776-0760 Cell.***



Dashi Chu Kocica, AP, is an Acupuncture Physician and China-certified Qigong Instructor specializing in Asian Healing Arts. Dashi teaches and lectures on the healing benefits of Qigong, Taiji and yoga at home and abroad, and is author of over 12 DVDs on fitness and rejuvenation. She is the Educational Director of the Center for BioTherapeutics in Miami. For more information visit [www.asianhealingarts.org](http://www.asianhealingarts.org). Email your name, address and telephone to receive her email calendar of workshops, retreats and DVDs.