

JinLi Tai Chi Retreat 6 to 8 April 2018

Do you desperately need a weekend away? Do you dream of spending two days in total peace and tranquillity, breathing in fresh country air and hearing nothing but the sound of birds and the gentle breeze through the trees? Would you like to eat beautiful fresh food and think about nothing other than Tai Chi in a rustic rural environment? If you've answered "YES!" to all of these questions then the JinLi Annual Tai Chi Retreat is just what you need...

DETAILS

Date: 6 to 8 April 2018

Location: Taradale House, 119 Philips Road, Taradale
(1¼ hour drive from Melb. Train station nearby)

Cost: \$495 per person twin-share
Includes: All training, meals, accommodation & organised seminars and activities
(Payable in full by 6/3/18)
Excludes: Personal expenditure such as souvenirs, additional individual activities, alcohol and special beverages (You are welcome to BYO).

Training: Fundamentals of Beijing 24 Taijiquan

PLUS seminars on the following:

"The Different Styles of Taiji Explained with Practical Exercises",
"More Basic Mandarin Language for Taiji and Qigong Practice" and
"The Chinese Classics – An Anthology"

Numbers strictly limited.

Book early to avoid disappointment

All Activities Optional.

You will have lots to do even if you don't want to practice Taijiquan.

Partners Welcome!

PROGRAM HIGHLIGHTS

Friday

Arrive anytime from 5pm.

Relax, unwind, unpack, enjoy drinks and canapés in front of an open fire before a 7.30pm dinner then a free evening to relax, play pool, mah-jong, table tennis, or curl up with a good book.

Saturday

Start with a hearty country breakfast before 2 hours of Tai Chi Training.

A short seminar will ensure we have a good appetite for a gourmet BBQ lunch before continuing our training. Another fascinating seminar will conclude the afternoon's activities.

The evening will start with a relaxing drink on the deck followed by a gourmet selection of wood-fired pizzas. If you are in the mood, put on your 80's gear and dance the night away in our retro disco... it's on the program!

Sunday

Enjoy the sounds of silence while eating breakfast before this morning's Tai Chi Training. A seminar will precede you taking your individually packed gourmet picnic hamper out under the shade of a tree. After lunch we will continue our training then it will be time to pack up and leave this halcyon retreat and return home. Depart at approximately 4pm.



For more information please contact JinLi Wushu-Tai Chi

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Bookings: www.jinli.com.au/login