

# JINLI TAI CHI RETREAT TARADALE - 7 TO 9 APRIL 2017

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. YES. YES" to all of these questions then the JinLi Annual Tai Chi Retreat is just what you need.

## DETAILS

- Date:** 7 to 9 April 2017
- Location:** Taradale House, 119 Philips Road, Taradale (1¼ hour drive from Melb/Bendigo. Train station nearby)
- Cost:** \$495 per person twin-share  
Includes: All training, meals, accommodation & organised seminars and activities  
Payable in full by 7/3/17  
Excludes: Personal expenditure such as souvenirs, additional individual activities, alcohol and special beverages (You are welcome to BYO).
- Training:** Shibashi Qigong and Dong Yue Taiji Duan Gun (Short Staff)  
PLUS seminars on the following:  
"Qigong Massage Techniques for Stress & Health Management",  
"Basic Mandarin Language for Taiji and Qigong Practice" and  
"Let's make Chinese Dumplings"
- 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 any time 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 by the pool followed by a gourmet selection of wood-fired pizzas.  
If you are in the mood, grab some popcorn and settle in for a martial arts movie marathon... 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](http://www.jinli.com.au/login)