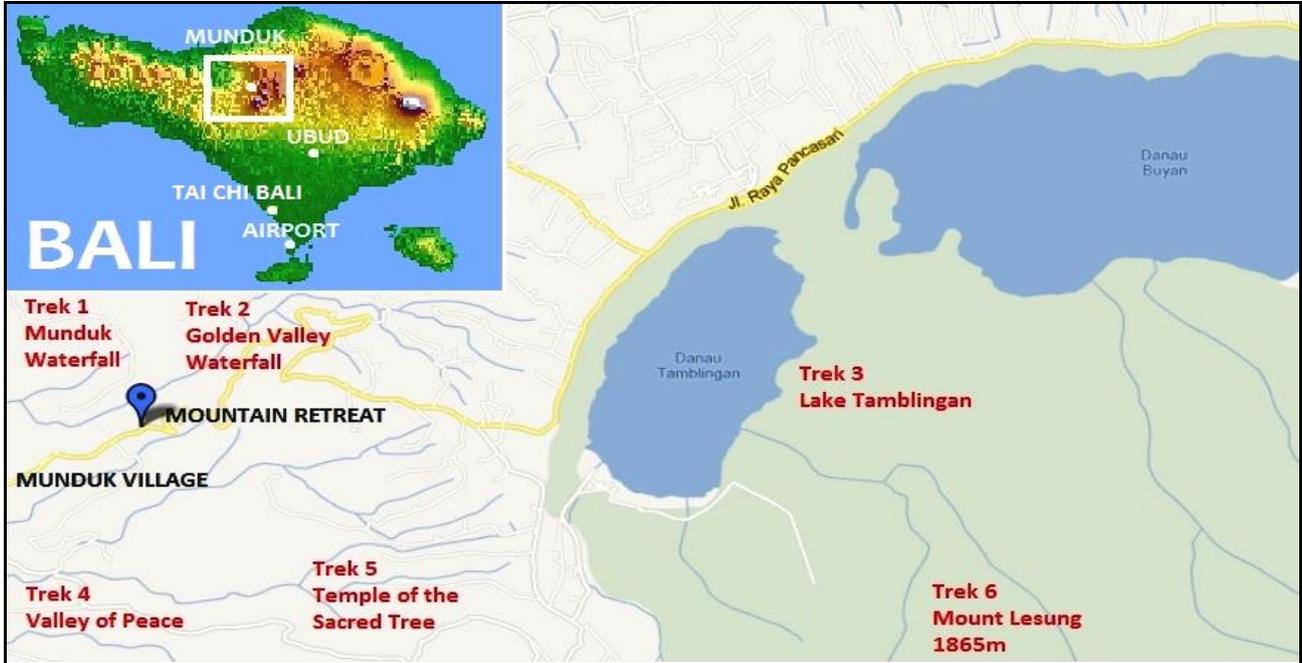


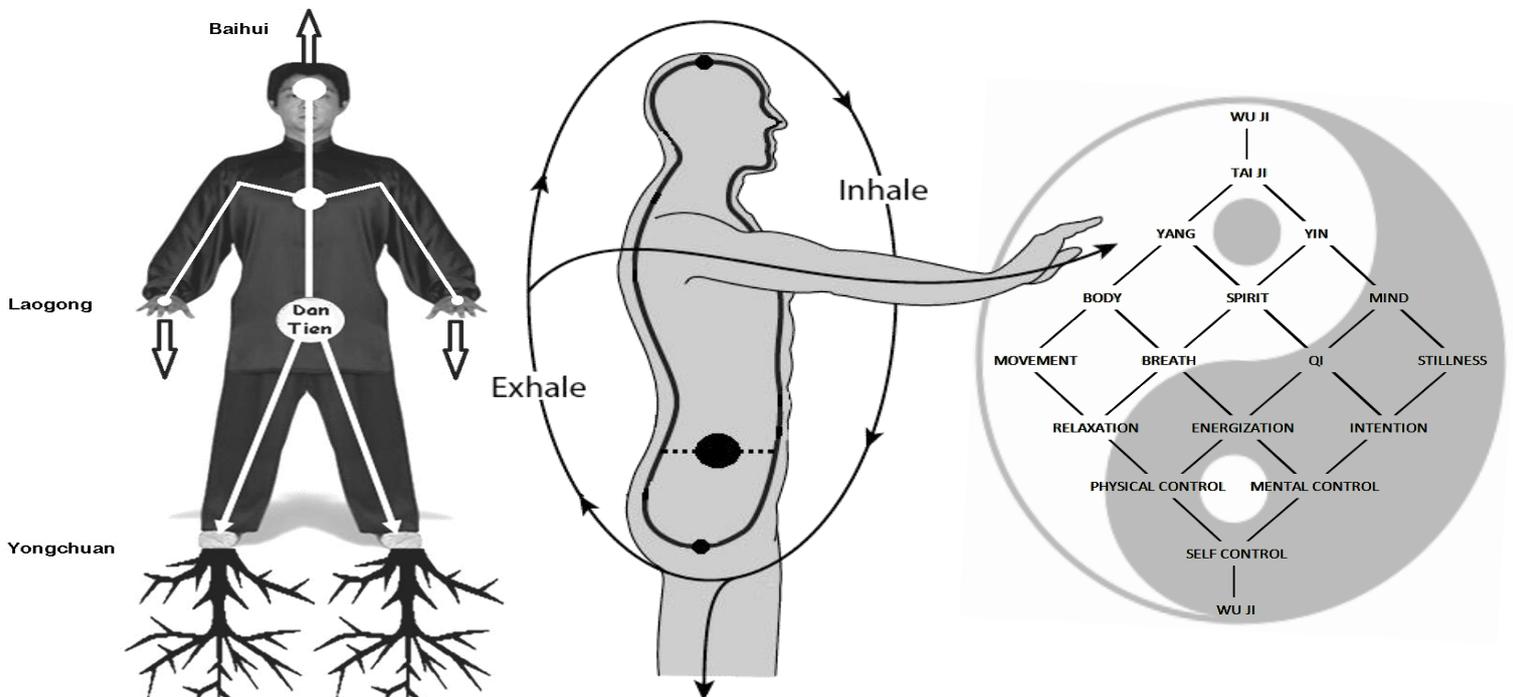


CODE OF CONDUCT

- Respect the local culture & traditions
- Protect & preserve the natural world
- Take all your rubbish back to the hotel
- Practice together in friendship & harmony
- Work hard to improve your skills
- Cultivate wisdom & compassion



	Day 1	Day 2	Day 3	Day 4	Day 5
7.30 am		Breakfast	Breakfast	Breakfast	Breakfast
8.30 am	9.00 am Pick-up at Bintang Supermarket Jalan Raya Sanggingan No.45 Sayan, Ubud	Trek 2 Tai Chi & Qigong at Golden Valley Waterfall	Trek 3 Tai Chi & Qigong at Lake Tamblingan	Trek 4 Tai Chi & Qigong at Valley of Peace	Trek 1 Tai Chi & Qigong at Munduk Waterfall
12.00 pm	Hot Springs & Lunch	Lunch	Lunch	Lunch	Check-out of Hotel
1.00 pm	Check-in to Hotel	Rest	Rest	Rest	Lunch
5.00 pm	Trek 1 Tai Chi & Qigong at Munduk Waterfall	Tai Chi & Qigong at the Hotel	Tai Chi & Qigong at the Hotel	Tai Chi & Qigong at the Hotel	4.00 pm Drop-off at Bintang Supermarket Jalan Raya Sanggingan No.45 Sayan, Ubud
6.30 pm	Dinner	Dinner	Dinner	Dinner	



QI GONG - Energy Practice

3 PRINCIPLES OF YIN & YANG

INTERDEPENDENCE - one cannot exist without the other
TRANSMUTATION - one is always transforming into the other
CONFLICT & BALANCE - when they clash there is tension

4 CATEGORIES OF QIGONG

HEALTH QI GONG - maintaining health/prevention/restorative
MEDICAL QI GONG - healing with acupuncture/herbs/massage
MARTIAL QI GONG - energize the body for sports/martial arts
SPIRITUAL QI GONG - energize the brain for enlightenment

2 STYLES OF QIGONG

NEI GONG - internal practice - emphasises relaxed muscles & more mind power to build Qi in the lower abdomen which then flows throughout the meridian system & whole body.
WAI GONG - external practice - emphasises stimulated muscles & less mind power to build Qi in the arms & legs which then flows throughout the meridian system & whole body.

3 TREASURES

JING - essence - preserve your pre-natal Qi (anti-aging hormones/sperm)
QI - energy - strengthen your post-natal Qi (air/food/water/thinking/exercise)
SHEN - spirit - enlighten your spirit by uniting Jing & Qi in the brain

5 REGULATORS OF THE ENERGETIC SYSTEM

BODY - the battlefield - posture/structure/relaxation
BREATH - the strategy - abdominal breathing/thoracic diaphragm
MIND - the general - wisdom/clear intention/calm/relaxed
QI - the army - life force energy/bioelectricity
SPIRIT - the morale - confidence/positivity/vitality

5 FUNDAMENTALS OF QI CIRCULATION

SENSITIVITY - listening/feelings/internal vision/mindfulness
INTUITION - understanding/inner guru/appropriate strategy
RELAXATION - Qi flows in the path of least resistance
ENERGIZATION - increase Qi with gentle abdominal breathing
INTENTION - where the mind goes Qi follows

TAI CHI CHUAN - Fist of the Mind

3 PRINCIPLES OF YIN & YANG

INTERDEPENDENCE - one cannot exist without the other
TRANSMUTATION - one is always transforming into the other
CONFLICT & BALANCE - when they clash there is tension

5 FAMILIES OF TAI CHI CHUAN

CHEN style - created by Chen Wangting (1600-1680)
YANG style - created by Yang Luchan (1799-1872)
WU style - created by Wu Chuanyu (1834-1902)
HAO style - created by Hao Weizhen ((1842-1920)
SUN style - created by Sun Lutang (1861-1932)

5 PILLARS OF TAI CHI CHUAN

HAND FORM - solo exercises for posture/relaxation/coordination
INTERNAL STRENGTH - energize the body with Qi (qigong/neigong/fajin)
PUSHING HANDS - partner exercises to test your progress in Tai Chi
SELF-DEFENCE - applying skills in defence & attack (martial arts)
ENERGY EXTENSION - massage & weapons (acupressure/sword/sabre/spear)

10 PRINCIPLES OF YANG CHENGFU

ARRANGING THE BODY FRAME

1. Top of the head floats up to raise the spirit
2. Relax the shoulders & drop the elbows
3. Relax the chest & open the shoulder blades
4. Relax the waist & move from the centre with a firm root

COORDINATING THE MOVEMENTS

5. Separate empty & full
6. Synchronize upper & lower body
7. Practice slowly continuously & without interruption

HARMONIZING THE MIND

8. Use intent rather than force
9. Match up inner & outer
10. Seek stillness within movement

8 ENERGY PATTERNS

PENG JIN - ward off - outward/expanding
LIU JIN - roll back - yielding/leading
JI JIN - press - squeezing/converging
AN JIN - push - pushing down/redirecting
CHOU JIN - elbow - sharp/forward strike
KAO JIN - shoulder - rounded/forward strike
LIEH JIN - split - separating/diverging
CHAI JIN - pluck - pulling/jerking

Tai Chi Chuan and Qi Gong are two forms of mind-body exercise from ancient China that have more similarities than differences. Both involve good posture and gentle movements. Both integrate breath with movement and use cognitive skills such as imagery and visualization to heighten awareness. Both practices also center around the idea of cultivating qi, the life force or vital energy in our body. For this reason, many people think of Tai Chi Chuan as a form of Qi Gong. One major difference is that Tai Chi Chuan was originally developed as a martial art which can be seen when performed as a moving meditation such as defensive movements (yin/nourishing) and attacking movements (yang/releasing). As Health Qi Gong is not a martial art, it can be practiced as a stationary meditation, standing still or while sitting on a chair or pillow. Most people who practice Tai Chi Chuan also incorporate Qi Gong into their practice as they result in similar benefits.

SITTING MEDITATION

Preparation - Wu Ji/mindfulness
Qi Gong - Lower Abdominal Breathing
Qi Gong - Building the Qi at the Lower Dan Tien
Qi Gong - Small Circulation/Ren & Du Channels

STANDING MEDITATION

Preparation - Wu Ji/mindfulness
Qi Gong - Warm-up Exercises
Qi Gong - Grand Circulation/5 Gates Breathing
Qi Gong - Shaolin White Crane/soft style

MOVING MEDITATION

Preparation - Wu Ji/mindfulness
Tai Chi - Walking Meditation
Tai Chi - 4 Core Movements
Tai Chi - 13 Original Movements