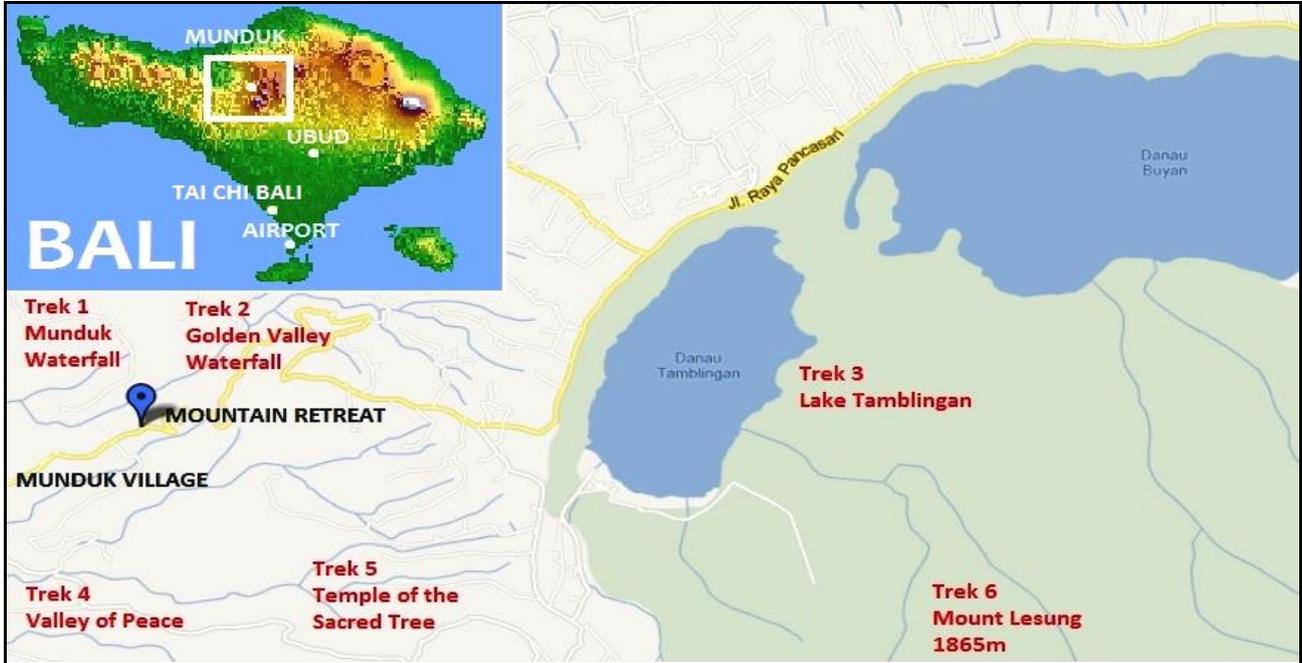


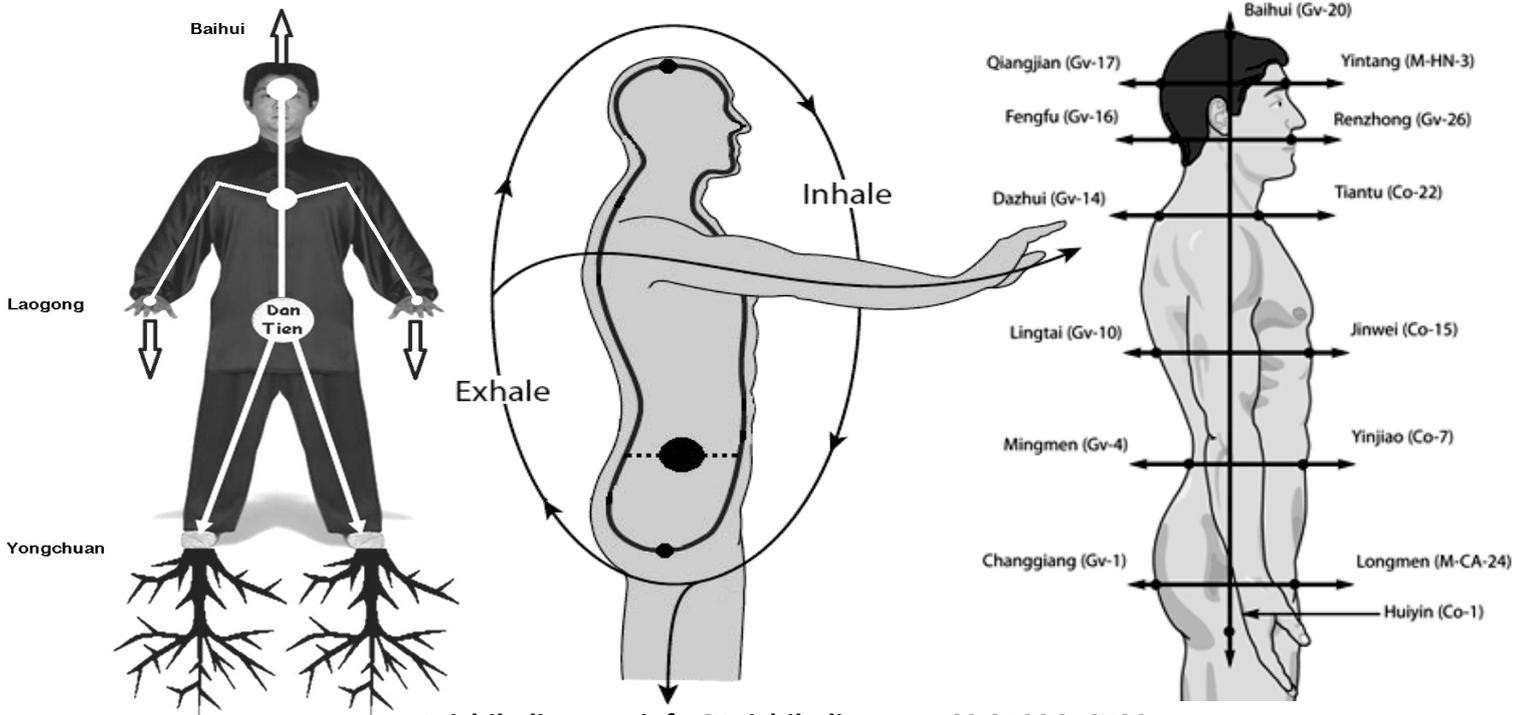


### CODE OF CONDUCT

- Protect & preserve the natural world
- Respect the local culture & traditions
- 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 and Qi Gong are two forms of mind-body exercise from ancient China that have more similarities than differences. Most people who practice Tai Chi Chuan also incorporate Qi Gong into their practice as they result in similar benefits including increased oxygenation of the whole body, mental calmness & renewed strength & vitality. Tai Chi Chuan and Qi Gong both center around the philosophy of cultivating qi, the life force or vital energy in our body. Both involve good posture and gentle movements. Both practices integrate breath with movement and use cognitive skills such as imagery and visualization to heighten awareness of energy circulation. One major difference is that Tai Chi Chuan is a moving meditation that was originally developed as a martial art, which can be seen when performed faster with defensive movements (yin/nourishing) and attacking movements (yang/releasing). Health Qi Gong is not a martial art and does not have defensive or attacking movements, but is still practiced with yin/nourishing and yang/releasing techniques. Health Qi Gong can therefore be practiced as a moving or stationary meditation, standing still or while sitting on a chair or pillow. People get confused because when practiced slowly for health and relaxation Tai Chi Chuan is categorized as a form of Health Qi Gong.

## REDUCE RESISTANCE TO QI FLOW

Preparation - Wu Ji/mindfulness  
Qi Gong/Tai Chi - Warm-up Exercises  
Qi Gong - 8 Pieces of Brocade  
Qi Gong - Shaolin White Crane/soft style

## QUANTITY OF QI

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

## QUALITY OF QI FLOW

Preparation - Wu Ji/mindfulness  
Tai Chi - Grand Circulation  
Tai Chi - 4 Core Movements  
Tai Chi - 13 Original Movements

# 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 OF TAI CHI CHUAN

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