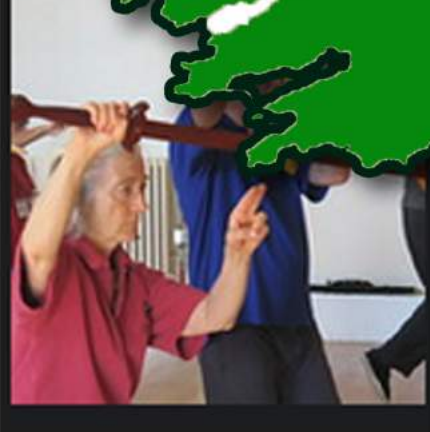
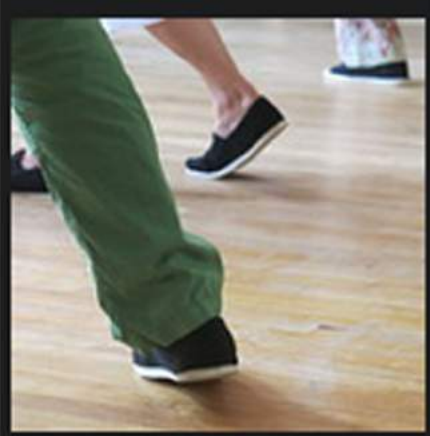




TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER



Summer Training Ireland 2017

Welcome to University of Limerick for T'ai Chi Foundation Summer Training 2017

This year the campus provides us with a wonderful setting to inspire in our journey with T'ai Chi.

Open to the Public for registration on : Sunday 13th of August, 2017 between 4-6pm.
Teachers join for registration on : Friday 11th of August, 2017 between 4-6pm.
All leave together following breakfast on Saturday 19th of August.

Dromroe Village

Our Accommodation.

Dromroe Village is an attractive apartment style complex, bordering the Mill stream and overlooking the Shannon river, near the main campus. It offers apartments to sleep 6, with large bedrooms, all with ensuite facilities. Each floor is accessible by lift.



Dromroe Village offers:

- Individual apartments with 6 study bedrooms with ensuite bathrooms, a fully fitted kitchen/dining room and a comfortable lounge area
- Accommodation for those with impaired mobility
- Electric heating
- Cable television
- Weekly refuse collection
- Self-service laundrette
- Complimentary refuse sacks and light bulbs
- Full maintenance service
- Regular security patrols at night
- Plus Residential Village Manager



Price

Package prices for Public Programme include 3 options;
Room, board & tuition for 6 nights €945.
Room, tuition & evening meal for 6 nights €825.
Self Cater, includes room, tuition & party dinner €725.
Early bird discount of €50 applies if paid in full by 20th of May.



An overview of your day at Camp.

We begin each day together, joining sense & flow for our first hour. We have three hours of T'ai Chi Summer classes split into a morning & afternoon session, between this there is the opportunity to experience an hour of meditation.

T'ai Chi Form for beginners.

The movements are taught step by step by our teachers. Each class has two or more instructors, who give clear indications, demonstrations, practice and hands on help with positions and moves.



Advanced T'ai Chi programme

The intensive residential format allows all participants to immerse themselves in T'ai Chi and experience deeper levels of awareness. In this way, the knowledge of the art and its meaning in daily life are enriched. More advanced students can take workshop-style Form as well as Sensing Hands classes.

A little more to choose from

Each morning we offer pre-breakfast early morning rounds led by teachers. Psychocalisthenics®. Traditional Hawaiian Swimming and a variety of evening programmes, one of which includes a midweek guided walking tour of Limerick. Hawaiian swimming is the only programme which includes an additional charge.



Kids & Teen Camp.

While parents enjoy their own classes, children of all ages can enjoy a range of organised activities. Our kids camp staff will keep children happy, safe and occupied with various fun activities, including arts and crafts, excursions and free play.

Children from age five, accompanied by a parent or carer are invited to participate in T'ai Chi Summer Kids' Games. During this session they will play specially developed games, become familiar with T'ai Chi principles and get a taste of the T'ai Chi Form. Teens may participate in adults T'ai Chi Classes.

A dedicated team of teachers will guide older children through T'ai Chi programme in the mornings. Afternoons are dedicated to swimming and fun activities.

Traditional Hawaiian Swimming

This swimming technique originates from the Hawaiian warrior Huna tradition and uses T'ai Chi principles of timing, balance and relaxation to facilitate a remarkable ease of movement through the water. The breathing is observed and worked making swimming enjoyable and more efficient.

It is a revitalising complement to the intensive T'ai Chi programme and is a wonderful opportunity both to overcome fear of water and greatly improve your swimming technique. It is aimed at swimmers of all abilities.



Our teaching Spaces. The Irish World Academy for Music & Dance.

Our teaching space at the Irish World Academy for Music & Dance sits in a special position at University of Limerick. The inspirational South facing semi-rural site on the North bank of the River Shannon, fronts onto the arrival Piazza from the Living Bridge - a pedestrian link with the Limerick campus south of the River Shannon. Each morning, enjoy a leisurely stroll across the living bridge to class.

Getting to camp

Closest Airport is Shannon 40 minutes by Taxi. - patcnnr4@gmail.com costing for 1 to 4 people €50
Traveling from Dublin Airport just over 2 hours
www.dublincoach.ie round trip costing €30 per adult, children under 12 go free.
For flights to Ireland check out www.ryanair.com & www.aerlingus.com

The European Summer training team

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To download a form or make a payment, go to www.taichichuan.ie

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Co. Limerick



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