



T'AI CHI & QI GONG



SARDINIA ITALY
AUGUST 5th to 11th 2020

A GREAT SUMMER HOLIDAY

with The School of T'ai Chi Chuan London,
a branch of the T'ai Chi Foundation

at **Sardegna Termale Hotel & Spa**

2020 will be the **41st anniversary** of the founding of our School.

Senior instructors from around the world will gather
in Sardinia to teach this training.



They will lead the teaching team and offer an innovative programme of T'ai Chi (including the form, sensing hands, T'ai Chi Sword and Qi Gong), meditation and exercises to enhance self- observation and awareness.

The timetable will be adapted to harmonise with Sardinia's warm sunny climate. The peaceful atmosphere together with thermal spa waters and good Italian food help produce an unparalleled opportunity to embody a key T'ai Chi principle – **relaxation.**



After an early start, full morning, and good lunch there will be plenty of time available in the heat of the day to rest, sleep, swim or explore before reconvening in the evening.

There will be ample opportunity to enjoy the company of new and old friends, appreciate the beauty of Sardinia, and take part in evening programmes.

The week finishes with a special dinner, followed by an evening of entertainment and a party.



What to expect?

[Click this link](#) to experience last summer's Sardinia training, a joyous slide show showing T'ai Chi in action, relaxation in action,

Hawaiian Swimming, delicious food, and a snapshot of the participants who – as you will see – are broadly spread across the genders and age groups.

Join us this August for another great training and holiday in Sardinia.

[Click to download the Registration Form and enrol.](#)

Complete beginners are very welcome!

T'ai Chi Chuan is an ancient Chinese art that promotes total health: physical, emotional, mental and spiritual.

A round of T'ai Chi takes 7-10 minutes to perform.



No special equipment or clothing is required.

An outline of your day

There are five hours of class:

Two hours of T'ai Chi class (at your level).

One hour of a rolling programme of "Esplorare l'Arte"
(Exploring the Art).

One hour of "Mani di Rilevamento" (Sensing Hands),
the latter being a gentle introduction to and practice of the
martial art aspect of T'ai Chi where we begin to learn, by
listening, to distinguish between what is our own imbalance and
that of another's.

And, just before lunch there will be **one hour** put aside for
meditation.

The schedule is perfect for both absolute beginners and those
who have more experience.



Our T'ai Chi

We teach the Yang Style Short Form in the tradition of the late Grand Master Cheng Man-Ch'ing. The sequence of moves is taught step by step with precision, clarity and respect for tradition.

Each class has two or more instructors honouring our unique team-teaching method that has attracted and inspired many students for more than 40 years.



Photography courtesy of Ken Van Sickle

Meditation

Historically T'ai Chi practice and meditation go hand in hand.

A body that is both relaxed and straight combined with a mind at ease complements both practices and awakens the spirit. Part of the programme will include experiencing the breath as a meditation.

These techniques of self-development accelerate the process of balanced relaxation and have always been integral to our T'ai Chi tradition.



Traditional Hawaiian SwimmingSM

This swimming technique originates from the Hawaiian warrior Huna tradition, and uses T'ai Chi principles of timing, balance and relaxation to facilitate true ease of movement through the water. This makes the swimming both highly 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.

Please see the registration form for the cost of this course.

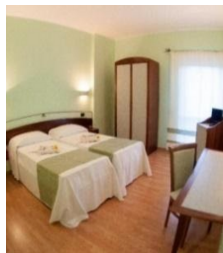


Accommodation

The accommodation at **Hotel Sardegna Termale** is of a high standard – all rooms are spacious with ensuite bathrooms, air conditioning, telephone, internet and TV.

Most of the rooms are for twin or triple occupancy.

Please let us know if there is anyone with whom you would particularly like to share a room.



This year, in addition to two and three bed occupancy rooms, we are able to offer a small number of single rooms (please ask about availability and price; these will be allocated on a first-come first-served basis and must be paid in full upon allocation).

Food

Italian cuisine merits its fine reputation in international world gastronomy.

At Sardegna Termale Sardara the team of chefs, with the benefit of using fresh local produce, are well qualified to justify that reputation. As your package includes full board all your meals are included.

Special dietary needs can be catered for, just be sure to inform us with your registration.

Price

If you pay in full before 31 March 2020, you will get six nights' accommodation, all meals (including dinner on the Wednesday you arrive and breakfast on the Tuesday morning you leave), free use of Spa facilities and swimming pools and five hours of class per day for **890 Euros**.

From April 1st that price rises to **965 Euros**.

Travel to Sardinia

If you know you are coming, and have secured a place, then we advise you to book your ticket as soon as possible as flights in August are at a premium which early booking can mitigate considerably. Cagliari is the most convenient airport. The hotel is forty minutes drive heading north-west from Cagliari airport, about halfway to Oristano.

If you are planning to enjoy further holidaying in Sardinia, we strongly advise you to consider doing that before the training. From the 11th of August all prices for accommodation and flights become more expensive.

We will post details of transfer options to the hotel nearer the time. Plan to arrive in Sardinia by early afternoon on Wednesday 5th August. You will need to leave the hotel after breakfast on Tuesday 11th August.

We are delighted to be returning to our Sardinian venue, after a most successful training there last summer; it offers great potential for us to have a nourishing and enjoyable week in the sunshine together. To register, please complete the form and return it (see instructions on form).

**With our best wishes,
The European Summer Training Team**



Register now – [click here to download the form.](#)

Email Summer Team: sardinia2k20@gmail.com
Phone Roberto's UK mobile: +44 (0) 7740 905984
or Nederlands gesproken op: +31 (0) 20 421 1956

For tourist information please visit:
www.sardegnaturismo.it



Those of you interested in the “I Ching” or Book of Changes may have noticed the hexagrams for fire over water and for water over fire.

The Sardinian sun beats down on the hotel pools and the pool water is heated from below by geo-thermal activity.

Wisdom that can be applied to our T'ai Chi. We hope you enjoy looking the hexagrams up.

