



T'AI CHI & QI GONG



SARDINIA ITALY

AUGUST 5th to 11th MMXIX



A GREAT SUMMER HOLIDAY

Sponsored by the School of T'ai Chi Chuan London
(a branch of the Tai Chi Foundation)

at Sardegna Termale Hotel & Spa

Our summer trainings attract people of all ages, from all walks of life, and from all over the world. They have been offered over four decades.



2019 will be the 40th anniversary of the founding of our School. To celebrate that we anticipate an unprecedented number of our senior teachers to gather from around the world in Sardinia.



They will lead and inspire a team of experienced teachers in offering 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. We will adapt the timetable to harmonise with Sardinia's sun kissed climate – an atmosphere, combined with the thermal spa waters and good Italian food, that offers 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?

Although [this YouTube](#) video was made at our 2013 Summer Training in the very different environment of England's Wiltshire, the images capture well the same atmosphere of relaxation,

joy and harmony you can expect to find in Sardinia.

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. We teach the Yang Style Short Form in the tradition of the late Grandmaster 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 over 40 years.

An outline of your day

Five hours of class includes two hours of T'ai Chi class (at your level), one hour of a rolling program of "Esplorare l'Arte" (Exploring the Art) and an 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.

In addition, just before lunch there will be an hour put aside for meditation. The schedule is perfect for both absolute beginners and those who have more experience.



Meditation

Historically T'ai Chi practice and meditation go hand in hand. The combination of relaxed straightness with a mind at ease complements both practices and awakens the spirit.

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

Part of the programme will include experiencing the breath as a meditation.



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

Accommodation

We are delighted that the accommodation at **Hotel Sardegna Termale** is first rate— all rooms are spacious with en suite bathrooms, air conditioning, telephone, internet and TV. We are obliged to offer twin occupancy to all participants, regrettably single occupancy is not an option. Please let us know if there is anyone with whom you would particularly like to share a room.



Food

Italian cuisine merits its reputation at the pinnacle of 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.

Kids' Camp and Teen Camp

For those of you with children it is with regret that we are unable to offer either a Kids' Camp (a programme of T'ai Chi specifically designed for children) or a Teen camp in 2019. For those who wish to attend as a family please contact us to discuss your options. Please note that it is our clear intention to reinstate both as soon as possible in future years.



Price

If you pay in full before the end of March 2019, you will get six nights accommodation, all meals (including dinner on the Monday you arrive and breakfast on the Sunday 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 to fly into. The hotel is forty minutes drive heading north west from Cagliari airport, about halfway to Oristano.

If you are planning to enjoy additional holiday 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 much more expensive.

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

We are excited about our new venue and the great potential it offers for us all to have a nourishing and enjoyable week in the sunshine together. To register please complete the form and return it as per the instructions.

With our best wishes
The European Summer Training Team

Register now – just download the form you can find on this site or [click here](#).

If you have any questions

Email Katrin: sardinia2k19@gmail.com
Phone Mark's UK mobile: +44 (0) 7966 253399 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 geothermal activity. Wisdom that can be applied to our T'ai Chi. We hope you enjoy looking the hexagrams up.

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Photos by Koen Krikhaar, Seán O'Neill, Mark Preston, Roberto Spiga and Patrice Woolridge.