

【太极松身】 套路训练营
Tai Chi Relaxation Taolu Training
An Exclusive Trip to China with
Master Li Junfeng and Teacher Jing

November 10-15, 2023



Tai Chi Relaxation Taolu, composed by Li Jing, a former Beijing Wushu Team member, and the daughter of Coach Li Junfeng.

To create this form, Jing chose classical movements from Yang style, Chen style, Wu style, Sun style and Taichi Quan. She also integrated movement from Shaolin Chang-Quan, as well as unique movements from Tai Chi Relaxation.

其特点是 Training Characteristics:

- Uniquely designed movements that are beautiful, joyful, fun, and easy to learn
- Can be practiced alone or in a group, either with music or without
- The routine takes only 4 minutes and promotes vibrant energy!

Taolu = A set routine with a series of movements.



教学目的 **Goals of Training:**

- Improve Tai Chi practice
- Meet friends (old and new!)
- Regulate the flow of Qi
- Balance emotions and quiet the heart



Content of Training:

- Tai Chi Relaxation Taolu
- Self-Massage
- Meditation

Training Location:
Yun-Jing Sea View Hotel
(Bei-dai-he, Qinhuangdao)



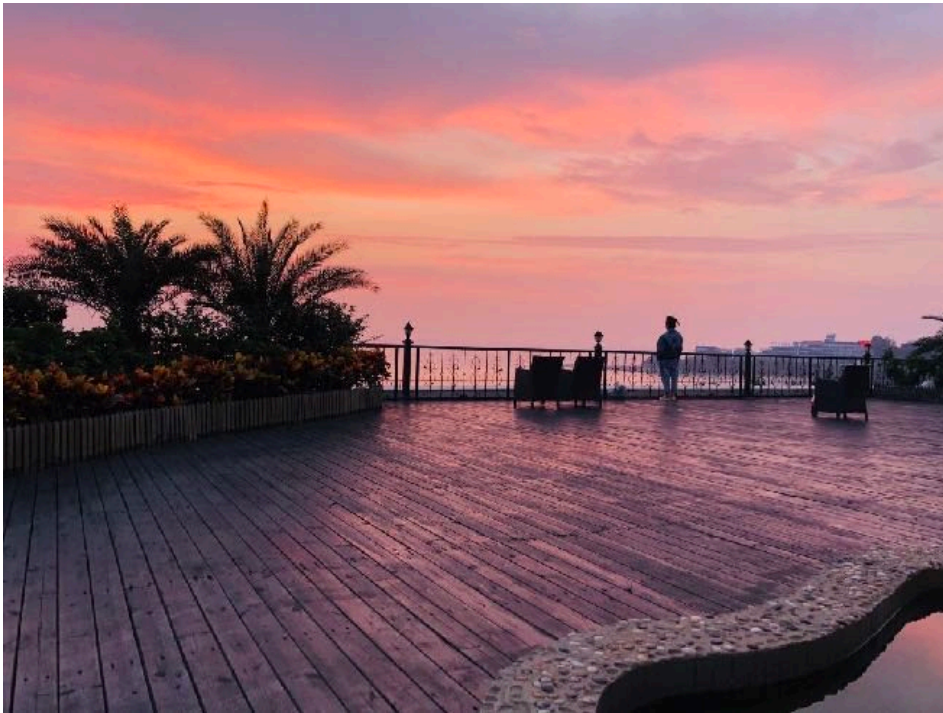
Standard Bedroom



Indoor Training Hall *(but we will remove tables and sofa)*



Terrace for Outdoor Practice



6-Day Tai Chi Relaxation Taolu Training Schedule:

11月10 (Friday)	1st day	
14:30 – 17:00	Arrival	
17:00 – 19:00	Welcome banquet	
19:30 – 21:00	Training	(Required)
11月11 (周六) Saturday	2nd day	
6:15 – 7:15	Self-practice	(Elective)
9:00 – 12:00	Training	(Required)
14:30 – 17:30	Training	(Required)
19:30 – 20:30	Self-practice	(Elective)
11月12 (周日) Sunday	3rd day	
6:15 – 7: 15	Self-practice	(Elective)
9:00 – 12:00	Training	(Required)
14:30 – 17:30	Training	(Required)
19:30 – 20:30	Self-practice	(Elective)
11月13 (周一) Monday	4th day	
6:15 – 7: 15	Self-practice	(Elective)
9:00 – 12:00	Training	(Required)
14:30 –17:30	Training	(Required)
19:30 –20:30	Self-practice	(Elective)
11月14 (周二) Tuesday	5th day	
6:15 – 7: 15	Self-practice	(Elective)
9:00 – 12:00	Training	(Required)
14:30 –17:30	Training	(Required)
19:30 –20:30	Self-practice	(Elective)
11月15 (周三) Wednesday	6th day	
6:15 – 7: 15	Self-practice	(Elective)

9:00 – 12:00	Training	(Required)
14:00	Departure	

Training is **5 nights and 6 days**
\$650 US dollars (single room + \$80 US dollars), will be
collected in cash in China.

Fee Includes:

- Training fee
- Standard bedroom (2 beds in a room) + breakfasts only from the 10th – 15th of November.
- Welcome banquet
- *Note: Fee does not include lunches/dinners which you can get at the hotel restaurant. Also, they are unable to accommodate specialty diets.*



- Please check Chinese embassy website as soon as possible regarding **tourist visa** requirements.
- It is not easy to get a **tourist visa** appointment. Please try to get an appointment before October 20th.

To register, please send the following information to
classes@shengzhen.org

1. Name (as on your passport)
2. Nationality
3. Gender
4. Birthday
5. Email address
6. Home address
7. Phone
8. Photo of yourself

A maximum of 20 international students will be accepted.

Priority will be given to students who have trained with both Master Li and Teacher Jing.

! Registration deadline: October 10, 2023.

You must:

- Obtain international health insurance
- Install and be able to use WeChat before departure

