

# Tai-chi-chuan & Meditation Workshop

June 28-29, 2008

The Taichichuan and Meditation Retreat at Sinh Thuc Meditation Center starts on Saturday morning of June 28th and ends on Sunday afternoon of June 29th at Sinh Thuc Meditation Center in Wardensville, West VA. Participants will learn Chi Kung movements such as the Five Animal Frolics, Eight Pieces of Brocade and basic movements of Yang style Taichichuan. Chi Kung and Taichichuan exercises have been recognized as a very effective way to bring our physical body to an ultimate level of relaxation and natural ease. This results in an increase in Chi (inner energy) and smooth blood circulation. Steady flow of Chi is the key to maintaining health and recovery from sicknesses. Participants will also receive instructions on Mindfulness Meditation to achieve total relaxation of the body and mind. The combination of Chi Kung, Taichichuan and Mindfulness Meditation offers utmost benefits to all of us, so that we can fully live a balanced life of health and peace amidst the stressful hassle of daily life. This is also the time for participants to enjoy a rewarding vacation and relish the beauty of the mountains of West Virginia in the spring.

The fee is \$117.00 for adults. This fee is kept at a minimum to cover room and board as well as maintenance at the Center.

Registration: registration forms can be downloaded from Sinh Thuc website at <http://www.sinhthuc.org/> or call 703-787-3377 to have it sent by mail. Fill out the form and send it back to Sinh Thuc Mindful Living Society. The registration deadline is June 7th, 2008. Upon receiving your registration form with payment, we will send you program details including map & directions.

Contact: For further information, please visit Sinh Thuc web site or email to [registration@sinhthuc.org](mailto:registration@sinhthuc.org) or call (703) 787-3377.



Chi Kung and Taichichuan exercises will be taught by Ms. Hang Tam, a winner of 4 gold and 2 silver medals in American and French competitions. Ms. Hang Tam is presently a Chi Kung and Taichichuan instructor in the Washington Metropolitan Area. Mindfulness Meditation instructions will be given by Sinh Thuc Mindful Living Society staff.

## **Sinh thuc Mindful Living Society**

Registration mailing address: P.O Box 1223, Herndon, VA 20172

Office phone: (703) 787-3377

Web Site: <http://www.sinhthuc.org/> Email: [registration@sinhthuc.org](mailto:registration@sinhthuc.org)

Meditation Center mailing address: 1735 Sauerkraut road, Wardensville, WV 26851