

SEPT 18 -19, 2010

TAI-CHI-CHUAN & MEDITATION RETREAT

The Taichichuan and Meditation Retreat at Sinh Thuc Meditation Center starts on Saturday morning of Sept 18th and ends on Sunday afternoon of Sept 19th at Sinh Thuc Meditation Center in Wardensville, West VA. Participants will learn the Ba Duan Jin Chikung 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 fresh air in the wooded mountain of West-Virginia.

The retreat fees are \$137.00 for dormitory style lodging, \$187.00 for a double occupancy room and \$237.00 for a single occupancy room. All fees include one night lodging and four vegetarian meals.

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 mail it back to Sinh Thuc Mindful Living Society. 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 or call (703) 787-3377.



Chi Kung and Taichichuan exercises will be taught by Ms. Hang Tam, a winner of 6 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 Meditation Center staff.

Sinh Thuc Meditation Center

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

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

TAI-CHI-CHUAN & MEDITATION RETREAT

SCHEDULE

Saturday Sept 18, 2010

- 09:30 AM** **Guests arriving**
- 10:30** **Introduction to Sinh Thuc Center & Tai-Chi-Chuan**
- 11:00** **Chi Kung & Tai-Chi practice**
- 12:00 PM** **Break**
- 12:15** **Lunch & Clean up**
- 01:30** **Afternoon Rest & Free time**
- 03:00** **Introduction to Mindfulness**
- 03:30** **A brief Mindfulness practice**
- 03:45** **Break**
- 04:00** **Chi Kung & Tai-Chi practice**
- 05:45** **Break**
- 06:00** **Dinner & Clean up**
- 08:00** **Presentation & Discussion: Tai-Chi a Wonderful Health Practice**
- 08:45** **Guided Sitting Meditation**
- 09:00** **Evening Rest**

Sunday Sept 19, 2010

- 07:00 AM** **Guided Sitting Meditation**
- 07:30** **Chi Kung & Tai-Chi practice**
- 08:15** **Break**
- 08:30** **Breakfast & Clean up**
- 10:15** **Chi Kung & Tai-Chi practice**
- 12:00** **Break**
- 12:15 PM** **Lunch & Clean up**

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