



## **Tai Chi Masterclass: Essential Secrets**

Siracusa, Italy 14-20 October 2017

**Dates 14-20 October**

**Program - 7 days/6 nights**

**Number of participants - 15 min - 25 max**

**Program fee per participant - € 980**

**Application deadline September 8<sup>th</sup>**

**Course will be conducted in English and Italian**

### **Course Description:**

On this course Jan Golden, chief instructor of Tai Chi Ireland, will teach Open Source secrets of the powerful whole-body movement form of Tai Chi that makes a perfect physical routine with tremendous long lasting benefits for the body and the mind.

Tai Chi and its basic routines, called Qi Gong, are life-changing movement and mind arts that allow practitioners to improve posture, ease stress, strengthen the body and calm the mind and in doing so achieve deep relaxation and health.

This course will take place in Ortigia, the scenic historical centre of Syracuse, Sicily, where, during their free time, participants can appreciate the historic culture as well as enjoy the local cuisine and climate.

The course will be conducted in English and Italian.



## **The Teacher:**

Jan Golden, chief instructor of Tai Chi Ireland, has been training in Tai Chi and Qi Gong for twenty five years. A graduate of UCD in English and a trained acupuncturist, since 1992 he has worked with many leading masters in their respective fields and he is a full-time Tai Chi and Qi Gong professional. He is currently an indoor student of Master Ma Ba Guo, from Zhengzhou, in Henan Province, in China. He also was an Indoor Student of Tian Yin Jia of Shanghai, whose father, Tian Zhao Lin, grew up in the Yang Family household. From Tian Yin Jia he learned the Old Middle Frame. From Bob Boyd, second disciple of Ip Tai Tak, Jan has learned internal secrets of the original and secretive Snake Form. Together, the Qi Gong and Tai Chi form make for a perfect physical routine with tremendous physical, psychological and mental benefits, with not a remote chance of injury. It is an evolved form that encompasses almost everything the Internal Arts has to offer.

## **What are Tai Chi and Qi Gong?**

Tai Chi (also pronounced taiji) is a powerful series of interconnected flowing martial techniques which originated in China that have significant and long-lasting benefits for the body and mind. The origins of Tai Chi are lost in the mists of history and still generate controversy, but its essence remains one of relaxing into your body and mind through gentle bending, twisting, contracting and extending movements. This combined with deep diaphragmatic breathing to pump oxygen more efficiently around the body and with a correct level of mental awareness aid the body in healing itself and leave the practitioner feeling light, vibrant, and free from fatigue.

Qi Gong is the counterpart of Tai Chi and means “energy work”. Qi Gong encompasses a series of physically energetic exercises which have specific effects upon a part of the body or mind and that are performed repetitively with the active participation of the mind. Each movement builds on the one before it, slowly coalescing into a very intricate and complex set of movements that really open up and provide the smooth sense of having energy in a calm body. Qi Gong exercises have the goal of powering up the body’s “operating system”, giving you more energy, releasing tension and stress, strengthening systems in the body and calming the mind.

Tai chi and Qi Gong forms offer to the practitioner longer life, deep relaxation and health until old age.



## Benefits

Practising Tai Chi and Qi Gong is a very gentle way to begin getting in tune with your body again, like you were when you were a child, full of boundless energy. It is a very subtle and fine method of mindfulness and with practice, the adept will have excellent coordination, a dramatically improved posture, greater sense of balance, and a heightened sense of vitality without exhaustion. In addition, the body becomes stronger and more immune to disease. Legs become powerful; backs heal and take tremendous strains easily; upper back tension drops away, with “humps” vanishing; the breathing deepens and is lead by the diaphragm; organs become stronger through better nutrition as a result of deep movement; lymph is pumped more efficiently. As result of practising Tai Chi and Qi Gong form the mind becomes relaxed and aware in a stronger and healthier body and the practitioner is provided a good health and a longer life.

## Application and Course Fees

Application by **September 8<sup>th</sup> 2017**

To apply send an email to [info@sciecenter.org](mailto:info@sciecenter.org)

Fee per participant **€ 980**

### Course fee includes:

- Full tuition with experienced Tai Chi teacher
- Accommodation in B&B within walking distance of center, shared rooms, en-suite bathroom, breakfast included
- Welcome and Farewell dinners
- Orientation and Ortigia tour
- Morning and afternoon refreshments
- General liability Insurance
- Certificate of participation
- SCIE Center 24 hour support



**Course fee does not include:**

- Travel to/from Sicily
- Transport from/to Catania airport
- Meals with the exception of those listed above
- Personal expenses
- Passport or visa fees

**For more information, enquiries and booking:**

Email: [info@sciecenter.org](mailto:info@sciecenter.org) web: [www.sciecenter.org](http://www.sciecenter.org)  
tel.: +39 366 190798



## Course Outline

Date	Day Activities	Evening Activities
Saturday 14 <sup>th</sup> October	Arrival at Catania airport Transfer to Siracusa	Ortigia orientation tour/ Welcome dinner
Sunday 15 <sup>th</sup> - Wednesday 19 <sup>th</sup> October	Class 10:00-11:30 Coffee Break 11:30-12:00 Class 12:00-13:30 Free for lunch 13:30-16:30 Class 16:30-17:30 Coffee break 17:30-18:00 Class 18:00-19:00	
Thursday 19 <sup>th</sup> October	Class 10:00-11:30 Coffee Break 11:30-12:00 Class 12:00-13:30 Free for lunch 13:30-14:30 Class 14:30-15:30 Coffee break 15:30-16:00 Class 16:00-17:00	Sunset Boat tour/ Farewell dinner
Friday 20 <sup>th</sup> October	Transfer to Catania airport Departure from Catania.	