

Sheng Zhen



TAI CHI RELAXATION Level III

Workshop with Teacher Li Jing

Austria, April 4 – April 9, 2025

Dear Sheng Zhen-Friends,

We would like to warmly invite you to the Tai Chi Relaxation workshop level III. In this workshop Teacher Jing will focus on explaining the practice methods and the related knowledge of **Dantian**. This includes:

- ♣ What is “Qi Yun Dantian”?
- ♣ Why should we let the Qi move in the Dantian?
- ♣ How do you sense Qi?
- ♣ How do you move Qi?
- ♣ How does the correct practice posture affect the ability to improve our Dantian Kungfu?

The focus of Level III is on connecting each point to the “ocean of Qi”. We learn to collect and release Qi. All movements must be learned with “Dantian”.

WHEN

Friday afternoon, 4th April to Wednesday midday, 9th April 2025

Friday afternoon: arrival, check in and registration takes place between **3:00 PM and 6:00 PM**.

Wednesday: we finish after the morning class, with the lunch.

PREREQUISITE

All participants should have learned Tai Chi Relaxation, either directly from Teacher Jing or a certified Sheng Zhen teacher.

TRAINING FEE

5-day Workshop fee: **\$ 540** - Early Bird **\$ 495,-** until **January 15th**.

FULL BOARD

The price for the full board will be between **€ 105** and **€ 95** per person per day – depending on the room you get. In total there are 5 days/nights to pay.

Participants must make a deposit of \$ 220 for the full board at the time of registration. The remaining amount for full board has to be paid directly on site in Euros.

Please note that if **you cancel after January 4th**, costs for accommodation and the training will apply if no replacement participants can be found.

Upon registration a total sum of \$760 (\$ 715 Early Bird) has to be transferred.

NOTES on ACCOMMODATION:

Accommodation at Schielleiten is usually for 2 persons per room with private bathroom. We are sorry but single rooms can only be provided in a very few exceptional cases.

After registration please let us know, if you have a preferred roommate and the room type (twin or double bed).

Please bring your own meditation cushion and mat.

WHERE

The **Austrian Sports Resorts**

BSFZ Schloss Schielleiten

A-8223 Stubenberg am See

www.schielleiten.bsفز.at



HOW TO GET THERE

Vienna International Airport (Wien – Schwechat)

The local organizing team will arrange a shuttle bus from Vienna Airport in the early afternoon of April 4th. The bus will take you directly to the venue. *Taking the shuttle bus from Vienna International Airport will probably be the most convenient way for you to get to the TT. **If you want to book a place in the shuttle bus, please kindly inform us as soon as possible - at least two weeks before the workshop starts!***

If you go by **train**: go to **Graz Central Station** – then continue by **public bus**.

For **driving directions**:

<https://schielleiten.bsfsz.at/kontakt/>

QUESTIONS:

For questions on **accommodation** please contact **Alida**: alida@rudlof.at

For questions on **registration and payment**, please contact **Pamela**: contact@jingtaichi.com

For questions on the shuttle bus and local **transportation**, please contact **Kathrin**:

kathrin.paller@shengzhen.at

FURTHER NOTES

- **Since the number of places is limited**, we would like to ask you **to let us know as soon as possible if you are interested** to take part so that we can reserve a place. (In this regard you can write an E-Mail to Alida Rudlof: alida@rudlof.at, possibly before the end of December).
- **However, your place only will be secured upon registration and payment.**
- As soon as the planned number of participants is reached, we will create a **waiting list**. People at the waiting list will be notified if there are any cancellations to fill.
- **Registration and payment will be online.** The registration form will be automated, and **payments will be taken online by Credit Card**. For further information you can contact Pamela Grant: contact@jingtaichi.com
- Two weeks before the start of the event you will be informed again about any important details.