



Ko Samui, Ko Phangan

Learn Tai Chi in a tropical surrounding and get even certified!

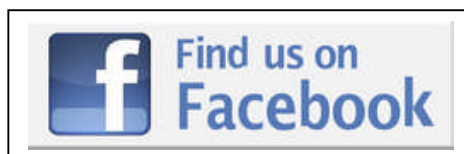
Reasonable prices!

Visit Samui Tai Chi Thailand!

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Always wanted to learn Tai Chi but never had time at your home country?

The time is “here and now”! When you are visiting this stunning island with beautiful beaches, lush rainforest and a turquoise ocean why not making some time for something you are usually neglecting: Improving your health, relaxation and de-stressing and also having fun while learning?

This course is made for you if you always wanted to:

Improve your health, get more energy and relax.

Develop the “strength of a lumberjack, the pliability of a child and the peace of mind of a sage.”

Are eager to know how to stay centered, relaxed and calm in challenging situations.

Learn what the real meaning of Tai Chi and Qi Gong is.

Get an insight into Traditional Chinese Medicine (TCM) and Daoist philosophy.

Know how to integrate these concepts in your life.

In the advanced modules (2-4) we are focusing additionally on self-defence aspects as well as partner exercises and taking your form practice on a whole new level.



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Module 1: Introductory course (5 days, 25 academic hours, 2 sessions a day)

Price: 4000 Baht (100 Euro)

Including course book!

Get a great insight into Tai Chi and Qi Gong. Get ready to practice!

What you will learn:

- Fundamentals: Relaxation, sinking, being centered, balance, belly breathing, being rooted, body feeling, being aware of your inner world, being in the “here and now”, etc.
- First chapter of the Cheng Man Ching form (37 steps)
- 8 warming-up exercises by Master Yap
- Exercises from Medical Qi Gong (Wai Tan Kung)
- 5 Elements Qi Gong
- Tai Chi and Qi Gong theory
- Basic theory of Chinese medicine
- Find out your dominant element(s)
- Understanding concepts of Qi Gong, Tai Chi and other internal martial arts

What students say:

“This course gives you a great insight into Tai Chi. Dirk has a great way of explaining and demonstrating the Tai Chi forms. I could feel the effects and had a better body awareness after just one week. Katharina, England”

“If you want to align your body and mind, if you want to improve your health as well as to feel your outer and inner body than you are with winsome instructor Dirk in good hands.” Manuel, Deutschland

Module 2: Get going (5 days, 25 academical hours, 2 sessions a day)

Price: 6000 Baht (150 Euro)

What you will learn:

- First half of the second chapter of the Cheng Man Ching form (37 steps)
- More exercises and a deeper understanding of Wai Tan Kung Medical Qi Gong



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- Self-healing with Wai Tan Kung
- Some Self-defense applications
- Single Push Hands
- Tai Chi and Qi Gong theory
- Basic theory of Chinese medicine

Module 3: Get going (5 days, 25 academical hours, 2 sessions a day)

Price: 6000 Baht (150 Euro)

What you will learn:

- Second half of the second chapter of the Cheng Man Ching form (37 steps)
- More exercises and a deeper understanding of Wai Tan Kung Medical Qi Gong
- Self-healing with Wai Tan Kung
- Some Self-defense applications
- Single Push Hands
- Tai Chi and Qi Gong theory
- Basic theory of Chinese medicine
- Learn self-hypnosis
- Using Hypnosis for the improvement of your Tai Chi skills
- Learn some useful NLP techniques

Module 4: Certification as Tai Chi practitioner (5 days, 25 academical hours, 2 sessions a day)

Price: 6000 Baht (150 Euro)

All 4 modules together are conform to an international standard of a practitioner certification comprising 100 academical hours. After you have attended the first 3 modules and learned Cheng Man Chings´ 37 steps Tai Chi form, basic Tai Chi and Qi Gong theory as well as Wai Tan Kung Qi Gong and 5 Elements Qi Gong you are entitled to attend the practitioner certification (module 4).

Comprising:

- Repetition and correction of the entire form
- Practical and theoretical examination
- Certificate by Samui Tai Chi Thailand



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Samui Tai Chi Thailand also offers Fast- and partner forms, Push Hands, weapon forms, jin-training, martial applications, Nei Gong, hypnosis, NLP and coaching

Please contact:

Samui Tai Chi Thailand

Chief instructor Dirk Roman

www.taichi-thailand.com

<http://www.facebook.com/pages/Samui-Tai-Chi-Thailand/110191435702711>

<http://www.facebook.com/pages/Samui-Institute-for-Life-Coaching-and-Hypnotherapy-Thailand/122742367761525>

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