



Tai Chi Ch'uan  
Intensive Retreat  
With Lester & Krishnataki  
6<sup>th</sup> – 13<sup>th</sup> June 2010



## Tai Chi Ch'uan



Any endeavour to articulate “What is Tai Chi?” is bound for failure. As the book of Taoist wisdom “The Tao Te Ching” reminds us that “The Tao that can be expressed in words is not the true Tao”. Tai Chi Ch'uan, to use the arts full title, means “Grand Ultimate First”, referring to both the mystery of the Eternal Tao (the Natural Higher Order of things) and also to its martial art aspect. Tai Chi Ch'uan is,

in fact, a merging of ancient Taoist practices and philosophies with more recent Chinese boxing or Wushu.

As the skills of Tai Chi have been passed from one to another, countless exercises, forms and interpretations have emerged, but the common element must include deep self-contemplation during the various movements, exercises and forms. This ‘meditation in movement’ is a clear path to harmonise mind, body and spirit and leads one, with each earnest session, to richer bodily health, more peace of mind and to greater flexibility and subtle strength, both physically and mentally.

## Course content

### Meridien Chi Kung

A series of Chi Kung movements and stretches to open the energy channels of the body. This set is a complete exercise programme, enhancing strength, flexibility and reuniting mind and body. It also enables us to practise the Tai Chi form more deeply.

### Yang Style 24 Step Form

This form was designed in Beijing in 1956. It is a simplified version of much longer and complicated old forms, thus bringing the health and meditative benefits to the contemporary person, not intending to become a specialist in traditional martial arts. Some martial applications of the forms will be shared along the way to enhance the understanding of the external meaning of the movements.

### Martial Arts Training

Exercises, strikes and kicks to enhance general fitness and vital energy. Some soft partner work will be included, all in the spirit of playfulness...learning how to play and share energy harmoniously.

### Tien Shou

A short form that can be performed in a relatively small space. This sequence is performed strongly as a cleansing of blocked energy or as a soft movement meditation. Tien Shou gives a sense of groundedness and helps to balance the energy of the three Tan-Tien (abdomen, chest and head).



## Wei Chi Chi Kung

A short sequence of Chi Kung exercises to strengthen the body, internal organs and immune system. It strengthens our protection from external forces ranging from microbes to invisible energies such as the anger or psychic projections of others.

## Thai Yoga Massage

Otherwise known as the 'Sacred Dance', Thai Yoga Massage is an ancient healing system that has influences from Yoga, Ayurveda, Chinese medicine and Buddhist practices. It is a unique healing system that combines rhythmical and choreographic massage, acupressure, asanas, stretches, osteopathic manipulations, energy work and meditation. It stimulates and balances the healing energy of the human body, and thus promotes health, balance, well-being and peace. It releases stress and tension, increases vitality and awareness and promotes the union of body, mind and spirit, both to healer and receiver.

**Handouts will be provided throughout the seminar to clarify and complement the various practices. Beginners and advanced students welcome.**

## Teachers

### Lester

Lester, born in London, England had his first encounter with Tai Chi some 30 years ago. With a background in sports, fitness and athletics, the most pronounced benefit



of his Tai Chi discovery was a deeper sense of peace and presence in every day life. However, it was the 12 years practice with Tai Chi master and teacher Tew Bunnag from Thailand which opened his heart to a life-long spiritual path and dedication to Tai Chi Ch'uan. Tew's practice was a magical melt of Tai Chi Ch'uan seeped with Buddhist teachings. Through transmitting these ancient teachings in an understandable way, free of dogma, Tew brought to life the meaning of Buddha, Dhamma and Sangha. Having also studied the traditional yang style Tai Chi at the Jeffrey Alexander School of Martial Arts in London for 6 years, Lester's self-practice embodies the precision and martial references of

traditional Yang Tai Chi Ch'uan as well as the grace and flow of a dedicated spiritual journey. He has been teaching Tai Chi Ch'uan for over 15 years, yoga for over 20 and is a practitioner of Thai Yoga Massage, based in Athens. Lester is really an organic hippy whose aim in life is to be true, free and happy.

### Krishnataki

Krishnataki, originally from Greece, has been teaching Thai Yoga massage and yoga since 1998 having lived and studied in Thailand and India. His first gateway to the



East was through the inspirational teachings of Tai Chi master Tew Bunnag which led him down the path to find his true spiritual essence. He is now a senior massage teacher of the Sunshine Network, and has trained with Thai massage masters Pichet Boonthume, Chayuth Priyasith and Asokananda and has a Sivananda Yoga background. He is passionate about organic farming, Chinese medicine, cooking and

nutrition and incorporates aspects of yoga, meditation and Qi Gong into all his courses. His base is at Sunshine House, where he leads a variety of retreats aimed at igniting the spiritual, healing flame that lies dormant in each and every one of us, however he still spends time travelling abroad to teach and also go deeper in his own journey. He is renown for his unique, fun-loving and passionate way of teaching as well as his generous spirit, hot hands and delicious home-made recipes.

## Daily Schedule

06.30 Wake up gong  
07.00 – 08.30 Meditation, Chi Kung, Yoga stretching  
08.30 – 10.00 Breakfast, swim  
10.00 – 13.00 Form, applications, martial arts training  
13.00 – 15.00 Lunch, siesta  
15.00 – 18.30 Form, Thai Yoga massage, Tien Shou, Wei Chi Chi Kung  
18.30 – 19.30 Steam bath, free time  
19.30 – 21.00 Dinner  
21.00 – 22.00 Chanting, Metta meditation

## Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition,

Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine. To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

## Cost

The course costs 550 Euros all inclusive. A deposit of 200 Euros is required to reserve participation.

## Contact

For more information see [www.thaimassage.gr](http://www.thaimassage.gr) or email [info@thaimassage.gr](mailto:info@thaimassage.gr) or join facebook group Sunshine House.

Phone: (0030) 22210 55109 / 6972 710516