

# The 18<sup>th</sup> International Seminar on Taiji and Qigong



August 3-12, 2016, Hua mountain (华山), China

Master Fengming Wang, 2013 recipient of “Successor of Chinese Non-material Cultural Heritage”

## Program:

1. Chen Hunyuan Taiji form: (1) movement correction, (2) improving neigong, (3) martial methods
2. Taiji push-hands: (1) single push-hands, (2) double push-hands, (3) essence of Taiji energies, (4) eight techniques of Taiji
3. Qigong: (1) Taiji stick & ruler qigong, (2) internal dan exercise
4. Sightseeing tours: Hua Mountain (华山) and Xi'an-Terracotta (西安)

**Check-in:** August 3, Contact: 86-18612830260

Email: [worldtaiji1@gmail.com](mailto:worldtaiji1@gmail.com) Web: [www.worldtaiji.com](http://www.worldtaiji.com)

**Total cost:** \$1180 per person (includes hotels, 3 meals/day, transportation, park tickets, tour guide and tuition (airfare not included))

**Hotel:** Garden house Hotel (莲花山庄)

Tel: 86-913-2449998 Web: [www.lfhotel.com.cn](http://www.lfhotel.com.cn)

Address: Huashandonglu, Huayin City, Shanxi Province, China

地址: 中国陕西省华阴市华山东路