



Tina Zhang – Frank Allen
 20.05. in Heidelberg // 21.-25.05. in Darmstadt
 Workshops für Anfänger und Fortgeschrittene

Medizinisches Qi Gong – Tai Chi Wu Stil
 Meditation – Ba Gua Chang

21. - 25. Mai Darmstadt		For further information:	Tai Chi Schule Moritz Dornauf, www.taichi-darmstadt.de
Tina Zhang - Meisterin der 5. Generation im nördlichen Wu Stil			
■ Northern Wu Style – beginners and advanced	Wednesday, 21.05.	19:00 - 21:30	45,-*/ 55,- €
■ Tina Zhangs Tea Ceremony	Thursday, 22.05.	17:00 - 18:30	30,- €
■ Three Treasures Qi Gong			
Beginners and advanced	Friday, 23.05.	16:00 - 18:30 + 19:00 - 21:30	180,-*/ 220,- €
	Saturday, 24.05.	10:00 - 12:30 + 15:00 - 17:30	
Teachertraining – all who want to go deeper	Sunday, 25.05.	10:00 - 12:30	220,-*/ 260,- €
Examination		14:00 - 16:30	200,- \$
Frank Allen - Meister der 5. Generation im Cheng Stil Ba Gua			
■ Ba Gua Wappons: Sword / Deerhornknife	Wednesday, 21.05.	19:00 - 21:30	45,-*/ 55,- €
■ Ba Gua as a Meditation	Thursday, 22.05.	19:00 - 21:30	45,-*/ 55,- €
■ Roushou and Ba Gua Applications	Friday, 23.05.	16:00 - 18:30 + 19:00 - 21:30	90,-*/ 110,- €
■ Liu Jing Ru's combined form:	Saturday, 24.05.	10:00 - 12:30 + 15:00 - 17:30	180,-*/ 220,- €
Tai Chi, Wu Xing, Ba Gua Chang	Sunday, 25.05.	10:00 - 12:30 + 14:00 - 16:30	
* Early booking discount until 01.03.2014 Please pay in cash upon starting the course!			

Course locations in Darmstadt			
Tina Zhang	Wed to Sun	Alicenstr. 8, 64293 Darmstadt	(Tai Chi Schule Moritz Dornauf)
Frank Allen	Thursday	Alicenstr. 8, 64293 Darmstadt	(Tai Chi Schule Moritz Dornauf)
	Wed, Fri to Sun	Hügelstr. 73, 64283 Darmstadt	(theater bewegt)

20. Mai Heidelberg		Information: Energie in Balance Andrea Roth, www.taichischule-heidelberg.de
Tina Zhang		Focusing on moving the blood, it generates the female energy through a series of very gentle, conscious, graceful and easy-to-do Qi Gong.
■ Qi Gong – Erdenergie für Frauen		18:00 - 20:00 Uhr
Frank Allen		An introduction to Daoist Meditation as practices which calm the mind – balance the individual with the infinite and help to experience the phenomenon of emptiness.
■ Dao Meditation		20:00 - 22:00 Uhr
Course location		Tai Chi Schule Heidelberg, Märzgasse 5
Fees		40,00 Euro bei Anmeldung bis 01. März – 45,00 Euro bei späterer Anmeldung