



TAIJI 37

Retreat. Spain, 2025

April, 2 to 6

With Andy Henry.

In this Retreat

We will study with Andy Henry who will teach the principles and essence of Taiji using the Taiji 37 Form created by Dr Shen Hongxun, Taiji Grandmaster.

Each day we will study the **movements and postures of the 37 Form**. It is hoped that we will get about the second third of the way through in the 5 days and complete the study of the 37 Form in the next Taiji retreat in 2026.

Each day will be a mixture of form, taiji posture and **taiji forces practise**. We will also ground and support the individual practise with **partner work** studying basic **pushing hands** and the **applications** of the postures and movements we study.

We will also practise **Taiji Meditation** to develop our sensing skills and to go deeper into the essence of the Taiji practise as a healing and spiritual path.

Taiji 37

Taiji is an internal martial art, which combines smooth and flowing movements with breathing and meditation techniques. It can help us to improve our health, well-being and vitality, and to balance and harmonise our energy.

We will study its relationship with Taoist philosophy, the principles of Unity and Duality, with the five elements and the 5 directions. All this speaks of impermanence, mutability and transformation. All these elements combine, change, and give rise to diversity. And the need for balance between them is evident.

Andy will teach for beginners, Taiji students, and stable practitioners at the same time. All levels are welcome, and all will be accompanied in their development.

Those who participate in this retreat, and in the Lisbon retreat in May, will receive a 100€ discount on the Lisbon retreat, to facilitate attendance at both.

Taiji 37 History



In the modern world Taiji is most commonly practised by studying a form (a long form is usually 108 movements while shorter forms can be different lengths). But this practise of Forms is relatively new in the Taiji field. Historically it was practised using 37 standing postures and practising how to use them. Every family style of Taiji has their own versions of the 37 postures and how to practise them. These 37 postures come from the 13 principles in Taiji, developed by its founder Chang San Feng. The 37 Form and postures from Dr Shen Hongxun are particular style and method of this practise that allows the student to develop a quick connection with their Qi, or vital energy, and how to different Taiji Jin (forces) first for their self healing, and then to be able use them in partner work, both caring for others as well as defending ourself if necessary. This level of the work is a long process and students on the retreat will be able to have a good taste of it and have the keys to take away with them to practise, develop and realise after the retreat.

ANDY HENRY



Andy Henry is a well-established teacher and healer in the Qi Gong field. He has studied and practised with different teachers from the Healing, Martial and Spiritual traditions of the East and the West for over 30 years and has been teaching for over 25 years.

One of the main influences of his work has been the late Dr. Shen Hongxun, founder of Taijiwuxigong and Buqi healing.

Andy maintains a busy teaching and treatment schedule in England, Portugal and Spain.

IN LA PEREDA



Casas rurales PRIMORÍAS

www.primorias.es/es/

Only two kilometers from Llanes and its beaches, in the middle of nature, in the shadow of the Cuera, we will enjoy an intimate, private and cozy atmosphere, in the quietness of this small place.



Hotel LA POSADA DE BABEL

www.laposadadebabel.com

PRICES:

Prices are approximate. They may increase slightly if our suppliers apply increases to us. We will fix them next January.

All included, single room:	710€
All included, double room:	650€
Single room with shared bathroom:	690€
Only the retreat, and breaks:	390€

Booking in advance is required.

HOW TO ARRIVE FOR THOSE WHO COME FROM FAR AWAY)

There are three possible airports:

- Santander. About 45 minutes drive from the retreat venue.
- Asturias. 90 minutes. Sometimes there is a direct flight from Lisbon.
- Bilbao, 115 minutes, but more offers and schedules.

The easiest way to get from the airport to the hotel is by cab. The cost would be around 120€ from Santander or Asturias, and 200€ from Bilbao. So if you are a group it could be a good option. (I can get a taxi of 7 places). Or you can tell me and, if I have information on who arrives at what airport, and at what time, I can group you together.

Another option is to look for a blablacar. (We can also help you with this, as there are what's up groups for these trips in the area).

And last option is to come by bus. It is longer, and you may need to change buses. The bus company is also: <https://www.alsa.es/> If you need more information again we can help you.



INFORMACION E INSCRIPCIONES

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