

**PRIMORIAS
LA POSADA DE BABEL
10 to 14 April 2024**



Casas rurales PRIMORÍAS
www.primorias.es/es



Hotel LA POSADA DE BABEL
www.laposadadebabel.com

Just 2 km from Llanes and its wonderful beaches, in the heart of Nature, we will enjoy an intimate, private and welcoming atmosphere, in the quietness of this small village.

PRICES.

Acommodation and course:

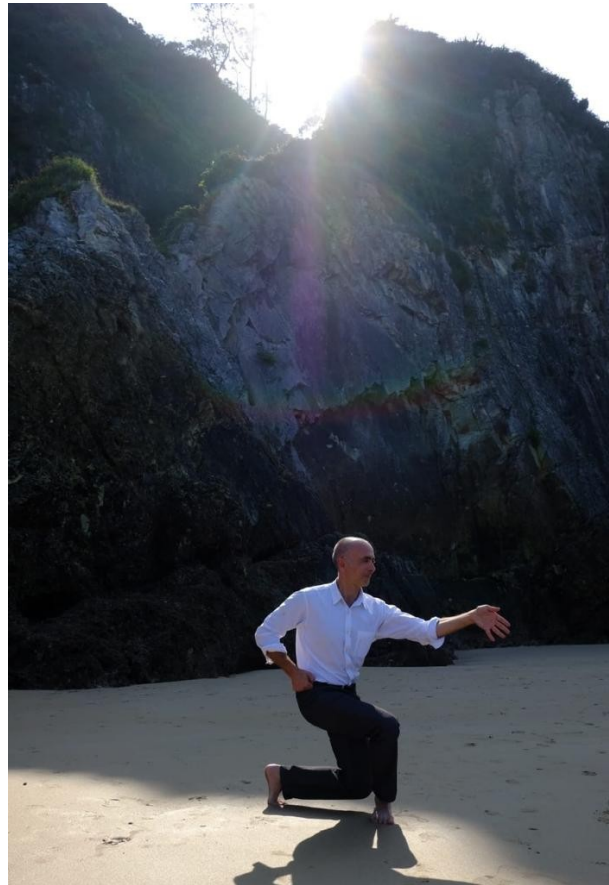
Single room: 710€

Double room: 650€

Single room with shared bathroom: 690€

Only workshop and teabreaks: 390€

Advance booking is required



TAIJI 37



Taiji Retreat, Spain, 2024
April, 10 to 14



WITH ANDY HENRY

INFORMATION AND BOOKING



Yolanda

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Tfno: (34) 630 909 787

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 from the beginning**. It is hoped that we will get about the a third of the way through in the 5 days and complete the study of the 37 Form in the next two Taiji retreats in 2025 and 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.



We will take advantage of the place and Nature to practice outdoors whenever possible.

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.



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.

