

## COURSE DETAILS

### INTENSIVE TRAINING ON 'TAIJI QI GONG'

We would like to invite you to attend an Intensive Training on 'Taiji Qi Gong'

This training is the complete synthesis of Qi Gong movement within and with the Tai Chi form. We will employ the White Crane Nei Gong theory to show how Taiji Qi Gong is a complete energetic, physical healing practice which can be done sitting or standing.

This understanding will bring enhanced and deeper healing power to the practice of the Tai Chi form.

The whole training will be done within the practical structural and inner energetic meanings of the Ten Tai Chi Principles of the Yang Family style. A special emphasis will be put on the tenth Principle of 'Motion in Stillness and Stillness in Motion'.

This retreat will also include an optional trip, on May 2<sup>nd</sup>, to the Templar town of Otranto. For those interested a Spirit Mediation Teaching will be offered during this trip. There is no extra charge for this Teaching.

The course is open to those who have a working knowledge of some or all of the Yang Family Tai Chi Short form as taught by the School.

### BENEFITS FOR STUDENTS

This is a serious study opportunity that will affect your life on many levels.

By the end of the training the medical Qi Gong effects of this practice will be evident beyond a shadow of a doubt. You will learn this specific technique that will enhance and deepen the benefits of your Tai Chi practice.

### BENEFITS FOR INSTRUCTORS

For instructors it will open a new doorway to your personal practice and teaching ability. This training will enhance Instructors ability to help others. It will give you the knowledge and understanding to work with those who are ill, confined and cannot move through the form practice.

Instructors of the Jade Sun School of Tai Chi & Qi Gong will be awarded with 12 CPD points. As this course develops your existing knowledge with this previously unavailable 'Taiji Qi Gong' practice you will also be awarded with a Certificate as a Taiji Qi Gong Instructor.

Please note: This course is a prerequisite for Level 2 Tai Chi Instructor training as Level 2 involves the Yang Family Long Form which emphasises awakening Taiji healing forces.

### DATES & TIMES

The course starts on Saturday 29<sup>th</sup> April and will run until Friday 5<sup>th</sup> May. Each training day will consist of 3 sessions; 8:30 to 12:30, 13:30 to 16:30 and 17:00 to 19:00.

There will be no training on Tuesday 2<sup>nd</sup> May – see details of optional day trip above on this date.

(We recommend that you make arrangements to arrive on Friday 28<sup>th</sup> April rather than arriving on the morning of 29<sup>th</sup>.)

## LOCATION

### YOGA IN SALENTO CENTRE



This course will be held in the lovely 'Yoga in Salento' centre in Zollino, Salento, Puglia, Italy. This is a rural, quiet, and picturesque part of Italy.

They provide a wonderful environment for courses. Included in their accommodation costs are breakfast, lunch, and dinner. The food provided is vegetarian with a lot of the produce grown organically on-site.

You can visit Yoga in Salento's website at [www.yogainsalento.com](http://www.yogainsalento.com)

### THE VILLAGE OF ZOLLINO

Zollino is a small town of just over 2,000 inhabitants in the province of Lecce in Apulia, Italy. It is one of the nine towns of Grecìa Salentina, which still keeps Greek language and traditions.

Zollino's territory was settled in pre-historic time and there are a number of dolmens and menhirs in the area.

Main sights include; Mother Church of Saints Peter and Paul; Menhir S. Anna; Menhir "Stazione"; Dolmen "Cranzari"; The hypogeum oil mill; Church of S. Anna; Church of Saint Joseph; Church of Madonna of Loreto.

### LOCAL WEATHER

The average temperatures in this region for this time of year are 8 degrees (at night) to 15 degrees (during the day) so please pack accordingly.



## THE JADE SUN SCHOOL OF TAI CHI & QI GONG

The Jade Sun School of Tai Chi & Qigong was founded with the intention to facilitate the teaching of these ancient Daoist arts to improve people's health, energy and longevity and to assist in the evolution and development of the human soul.

The mission of the school is to help people to heal on all levels, to become all of who they are and can be, to access the power of becoming that exists in their own heart, and to transform themselves and in so doing help transform their world.



The  
**JADE SUN SCHOOL**  
of TaiChi & QiGong



## FACILITATORS

### GARY COLLINS



Gary is co-founder and Senior Instructor of the Jade Sun School of Tai Chi and Qi Gong. He has worked professionally as a Chinese Medical Practitioner for over 25 years. He also founded the Solar Sound Healing Institute and has practiced spiritual sound healing for over 20 years.

*"I had an interest in eastern knowledge from a young age. I trained in the Martial Art of Karate from the age of 16 onwards, going to the black belt levels. From the age of 21 I turned my attention more to the Healing and Spiritual aspects of both the Eastern and Western traditions. This led me to explore Meditation, Qi Gong, and Tai Chi Chuan. My continuous study has led me to many places, England, America, Europe, China, the Philippines, and Peru. I have worked with many teachers; Sheila Grandpierre of Tai Chi Alliance, Christopher Pei, master teacher of the Yang Family Tradition, Wu Tiang Shen of Nanjing, China, from whom I learnt the fundamentals of Qi Gong including the Divine Mother Qi Gong structures. I also studied basic Tai Chi forms and systems from Nanjing College of TCM as taught on their various programmes. Further to this I researched the BuQi healing and Wuxi Qi Gong systems of the late Shen Hongxun, and I trained in the Pranic Healing System of the late Grandmaster Choa Kuk Sui.*

*A highlight of my efforts was in 2000 when I studied with the oldest then living member of the Yang Family, Yang Zhen Ji. For three weeks I trained with a small group in Beijing, China. I asked this Master 'What can bring you to the deepest level in Taiji?' his reply was 'Xin Xu' or 'Empty Heart'. This had a profound effect, and the need for the acquisition of knowledge for the purposes of Ego Identity left me.*

*By far the most powerful influence on my growth and learning was the Spiritual Apprenticeship I served with Toltec Seer Don Juan. Through the Toltec Grail Teachings I experienced the essence of reality; Love. This experience then informed the founding of the JADE SUN SCHOOL OF TAI CHI AND QI GONG.*

*I live in Wexford with my beautiful wife Rachel, and children, Sean, Saoirse, and Tara. Rachel and I co-founded ELYSIUM SANCTUARY where we practice and teach to further the healing and evolution of humanity."*

## NEAL TRAYNOR



Neal is co-founder and Assistant Instructor of the Jade Sun School of Tai Chi and Qi Gong. He has trained in Qi Gong and Tai Chi since 1998. He qualified as a practitioner of Solar Sound Healing in 2008.

*“I have trained in Tai Chi and Qigong since 1998. I became certified to teach Tai Chi and Qi Gong on 6th August 2012. The vast majority of my training has been with Gary Collins who invited me to cofound the Jade Sun School of Tai Chi & Qigong in 2013. I continue to train with Gary and have also trained in two forms of the Dayan, or ‘Wild Goose’, system of Qigong.*

*For me Tai Chi and Qi Gong are very powerful tools which have helped me to heal physically, mentally, emotionally and spiritually. I am primarily interested in these beautiful systems for their healing benefit. I have trained in many areas of the healing spectrum and in this light I attained a B.A in Psychology (U.C.D.), a Certificate in Counselling Skills (I.C.C.P.) and I am a qualified practitioner of Solar Sound Healing ([The Jade Sun School/Elysium Sanctuary](#)). I have trained in Phytobiophysics and recommend these remedies in my healing work. I also studied Kiniseology for one year.*

*I am delighted to be able to offer to teach these systems as I believe that they are one of the most powerful tools we have today to help us to take charge of our own healing and wellbeing.*

*I currently reside in Wicklow, just outside Wicklow town. It is an area I love, having moved there from Dublin. I live there with my beautiful wife and our adorable (and challenging!!) young sons. Aside from Tai Chi & Qigong I love playing guitar, song writing and listening to music.”*



## COSTS

The costs for this course are detailed here, firstly the costs for the training and secondly the costs for accommodation.

### COURSE COSTS

Registered Instructors of the Jade Sun School of Tai Chi & Qi Gong Cost: €750.00.

Associate Instructors of the Jade Sun School of Tai Chi & Qi Gong Cost: €825.00.

All others Cost: €900.00.

A deposit (non-refundable) of €200.00 secures a place on the course. The balance of €700.00 is due to be paid in full by 28<sup>th</sup> February 2017.

Cheques should be made payable to 'The Jade Sun School of Tai Chi & Qi Gong' and sent to 'The Jade Sun School of Tai Chi & Qi Gong', c/o Neal Traynor, 3 Broomhall Avenue, Rathnew, Co. Wicklow.

EFTs should be made to The Jade Sun School of Tai Chi & Qi Gong:

BIC: IPBSIE2D IBAN: IE29 IPBS990623 22997523

Paypal options are available on our website.

Credit Card payment can also be accepted (in person using Sumup).

### ACCOMMODATION COSTS

Yoga in Salento Charge the following to include all meals:

Double room with private bathroom €675.00

Double room with shared bathroom €605.00

Triple Room with private bathroom €575.00

Please contact them directly to arrange your accommodation – we cannot do this for you. We understand that there may be some single rooms available.

An association annual card must be purchased from Yoga in Salento also. It costs €20.00 which is mandatory under Italian Law for all students and teachers because it covers insurance.

Their details are:

Address: Via Stazione 116, 73010 Zollino (LE) Lecce – ITALY

Tel: +39 0836 600 284

Mobile: +39 348 911 72 72

Email [info@yogainsalento.com](mailto:info@yogainsalento.com) Website [www.yogainsalento.com](http://www.yogainsalento.com)

## GETTING THERE

### BY PLANE

At present Ryanair fly directly to Bari Airport (FR7358: Dublin 8:05am departure on 28<sup>th</sup> April).

We recommend that you book your flights as soon as possible as otherwise you may need to fly to Rome and get a connecting flight.

From Bari Airport there are regular buses to the local train station. There are then a number of trains to **Lecce** where Yoga in Salento will arrange pick-ups.

Full details of train times etc. will be provided to those coming to the course.

Brindisi airport is also an option. It is closer to our venue but there are no direct flights to it from Dublin at present.

### BY TRAIN

**Lecce** station is well connected with all major Italian cities. From the station of Lecce you can take a 10 minute taxi ride or take **Ferrovie del Sud Est's** local train line that in about 20 minutes will take you to **Zollino**. Yoga in Salento are 5 minutes' walk from the local train station. They can arrange transfers from the train station for people staying at the centre. Please contact them directly about this.

### BY CAR

Take the **Brindisi-Lecce** highway and right before entering the city of Lecce follow the directions for **Maglie-Otranto-Santa Maria di Leuca**. Way before reaching Maglie, after the exit Sternatia you will find the exit **Zollino**, just 10 minutes' drive away from Lecce. Yoga in Salento is in Via Stazione 116.

## DISCLAIMER

### CONTENT

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1. Making any adjustment to any medication or treatment protocol you are currently using.
2. Stopping any medication or treatment protocol you are currently using.
3. Starting any new medication or treatment protocol, whether or not it was discussed at a course.

Information provided is “generally informational” and not as specifically applicable to any individual’s medical problem(s), concerns and/or needs.

If you think you may have a medical emergency, call your doctor or your local health emergency service immediately. If you choose to utilize any information provided by the Jade Sun School of Tai Chi & Qi Gong, the Instructors, or any other employees of the Jade Sun School of Tai Chi & Qi Gong, you do so solely at your own risk.

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### INDEMNITY

You agree to indemnify, defend, and hold harmless us, our officers, directors, employees, contractors, agents, providers, merchants, sponsors, licensors and affiliates from and against all claims, actions, demands, judgments,



losses, and liabilities (including, without limitation, costs, expenses and solicitors' fees) by you or any third-party resulting or arising, directly or indirectly, out of content, information or data you contribute on a course, your use of information provided on a course, your violation of these Terms of Use, or your violation of any rights of another person.

