

## Welcome to the 2010 Summer Retreat

You are warmly invited to participate in the Annual Summer Retreat on the Roswaard Estate at the river Rhine in the Netherlands.

So much has happened since we started to organize the Annual Summer Retreats: a lot of wonderful people have visited, a lot of grass has been cut, lots of weeds are removed, flowers are planted, newborn horses and young farm kittens are raised. But most

of all we have done a lot of Tai Chi, we have grown both in our physical, emotional and spiritual wellbeing. We welcome you to (once again) celebrate growth and wellbeing with us.



The Roswaard Estate offers a beautiful and relaxing environment to spend a couple of fun filled days learning Tai Chi, working on your own personal cultivation and just being away from it all.

This year's Retreat theme will be around the art of celebrating Life, the universe and everything, promising you lots of opportunities to discover new depths within yourself.

The 2010 Annual Summer Retreat will fill you with an abundance of life and energy and new and inspiring Tai Chi material. All classes will be held outdoors as much as possible,



indoor classes will be held in the large Tai Chi room. We invite you to come and indulge yourself in 5 days of Tai Chi, Xing Yi, meditation, good company and great surroundings. We are looking forward to share with you what we have created here on the Roswaard Estate.

The Summer Retreats are accessible for a maximum of 15 people, so reserve your place as quickly as possible.



Accommodations are in a Hotel, Bed & Breakfast or at a camp site, ensuring your wellbeing. Food is of high standard and mostly vegetarian. Fresh fruit and home grown fresh salads available.

### Xing Yi and Pa Kua

We start every day off with Pa Kua Super Fitness and Xing Yi Nei Gong: an especially nice and powerful set of body strengthening exercises, providing you with a energetic and awake beginning of your day. Xing Yi, based on the principle of the 5 elements, means as much as "martial arts of mind-intention".



Pa Kua, based on the I Ching, is also one of the few internal martial arts, famous for it's circular movements and rigorous but relaxed exercises.

Both Xing I and Pa Kua gives you an energized start of the day.



### Golden Flower Tai Chi

Whatever level you are at, whether you know the whole form or just the first section, no matter what style you practice, you will greatly deepen your level and understanding of your own Tai Chi practice.

Even people who have been practicing a different form will greatly improve their Tai Chi in these five days by working on the Tai Chi principles. For those who have never practiced Tai Chi, this Retreat offers you a unique opportunity to fall in love with this beautiful art of movement.

### Meditation and Energy work

In the evenings we will explore all sorts of meditation and energy work. Meditation is a name for a variety of exercises. Whether to relax and experience calmness, to gather more energy or to open up the higher spiritual centers, all is called meditation.



The purpose of these exercises is to further develop your own consciousness. During the Retreat you will learn different kinds of meditation techniques that spring from the principle that everything is energy. Based on this understanding you will practice exercises to develop both your energy awareness and your ability to observe.



## Retreat Program

Master San Gee Tam says: "When you work hard, you need to play hard".

The Tai Chi Retreat has a full program where you can do both at the same time! And of course rest when you need to rest.

## Daily Schedule

07:30 - 08:30	Xing Yi / Pa Kua
09:00 - 10:00	Breakfast & TonicBar
10:00 - 13:00	Tai Chi Workshop
13:00 - 14:00	Lunch
14:00 - 16:00	Free Time
16:00 - 17:30	Tai Chi Workshop
17:30 - 19:00	Dinner & TonicBar
19:00 - 21:30	Evening Session

## Other activities

During the Retreats there is ample opportunity to engage in other activities, such as:

- Fast Form
- Pushing Hands
- Sword Form
- Pa Kua
- Spear Training
- Boat trip on the Rhine
- Biking & Hiking
- Swimming
- Visiting the Castle
- Doing nothing

You are warmly welcomed to participate in this years Tai Chi Summer Retreat. Please fill out the enclosed enrolment form and send it to us asap.



You will receive an extensive welcome package with all details soon after.

See you soon at The Roswaard!

*Job & Shabab*

## Golden Flower Tai Chi

Since 1989 Job Koesoemobroto is teaching the Chinese Martial Art Tai Chi and several related Taoist disciplines. He studies Tai Chi for more than 25 years and has explored many eastern and western methodologies and techniques for personal development.



It is always a pleasure to work with Job. His aliveness and clear spirit, combined with his warm and sincere human interest, is always guarantee for a valuable learning experience that stays with you for a long time.

Job is the Chief Trainer Instructor for Europe for the International Golden Flower Tai Chi Association. In this capacity he trains and guides the (future) instructors of the Golden Flower Tai Chi Schools in the Netherlands, Belgium and the United Kingdom.

The Golden Flower Tai Chi School is the joining together of Taoist Philosophy and western day to day living. In order to make the Taoist principles and disciplines available for people, Job has designed a number of programs and workshops, enabling you to use the principles in your daily life. The Golden Flower Tai Chi School in the Netherlands has classes in several cities in the Netherlands and works closely with the Golden Flower Tai Chi Association International.

## Summer Retreats:

*Dates:* Thursday morning - Monday afternoon  
July 15 - 19, 2010

*Tuition:* € 695,- per person per retreat (all-in).  
More details after enrollment in your welcome package.

## Information:

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6686 MN Doornenburg    E-mail: job@goldenflower.nl

Check out our website: [www.goldenflower.nl](http://www.goldenflower.nl)

Also look at [www.roswaard.nl](http://www.roswaard.nl) for more pictures.



# Tai Chi Retreat at Roswaard Estate

July 15 - 19, 2010

*Relax into Existence*