

Tai Chi & Meditation Retreat

5pm Fri 17 Apr to 1pm Tues 21 Apr at SIBA

Relax the Body, Calm the Mind & Renew Your Energy

Suitable and beneficial for everyone.

No experience is necessary. Everyone is welcome.

Conducted by Chief Instructor Brett Wagland & Fontane



Tao, the Way

This is our 13th retreat at SIBA, an amazing place. People have joined us from all over Australia in our previous annual retreats. The opportunity to immerse yourself in developing your understanding and to experience a deeper level of awareness is something **you will treasure for the rest of your life**. SIBA is a purpose-built retreat centre that is located deep within the natural beauty of the East Gippsland Mountains. It is currently a Sakya Tibetan Buddhist centre and is considered a sacred place which only adds to the inspiration and ambiance of our retreat.

The basis for this retreat is the opportunity to practise more deeply in a special environment away from the usual distractions of everyday life. By practising more intensely, you will feel more and understand the requirements of the training. This helps to facilitate a breakthrough in your practice.

Stimulate and Nourish Your Energy

Waking up to clean, crisp air of the Victorian Mountains in peaceful surroundings is a great way to start the day. To top it off, we have **Qigong (energy cultivation) in the morning**, leaving you energised and calm for the day ahead. During our **morning sessions**, you will learn the core components from three qigong sets to energise your whole system. The main one is the **5 Pillars** of the Wudang Mountains. This set comes from the sacred White Horse Mountain and is an immensely powerful way to start your day. **Some of the Eight Golden Treasures** and **one of the Wudang Five Animals** will also be taught. As usual, **the peace and calming energy of the morning sessions will pervade your day.**



The style of Tai Chi that the Academy teaches is the Hun Yuan system developed by Grandmaster Feng Zhi Qiang (1928–2012). His teacher, Chen Fa Ke (1887–1957) spread the Chen family Tai Chi to Beijing and eventually, to the outside world. Chen was famous for his martial power, humble character and martial virtue.

Another teacher of Grandmaster Feng was Hu Yao Zhen (1897–1973), a famous traditional Chinese medical practitioner, a Taoist master skilled in the art of Xin Yi Chuan



(Heart Mind Boxing). Hu became known as the father of modern Qigong in China.

Grandmaster Feng combined the teachings of his two teachers to create the Chen style Xin Yi Hun Yuan Tai Chi system. The **characteristics of this system** are circular, flowing movements which relax and open the body's joints and tendons. The movements promote the smooth flow of blood and qi throughout the body.

If you are a beginner, you will be taught separately in the Tai Chi beginners' group with no experience necessary.

** There are 2 sitting meditation sessions each day – morning and evening. In the **evenings**, Fontane conducts the meditation sessions which are highly instructive and practical. Many of the participants, who have attended several of our retreats, still want to attend these sessions because there is always something new each



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Cost: \$720– per person for motel style en-suite shared room (twin share)

\$620– per person for camping site (toilet & shower amenities included)



Shared accommodation, delicious vegetarian meals (much of the food is sourced from the certified organic gardens on site) and Tai Chi, Qigong and Meditation teachings are included in the above cost. **Great value!**

The creative cook in SIBA is happy to cater for **special dietary requirements** (such as gluten free, dairy free, etc.). **Please specify in your booking.**

Email: support@taichiacademy.com.au

Bookings are essential as numbers are limited.

Book early to avoid disappointment! Please confirm your booking by paying the **full retreat fee** or a **\$220– deposit**, with the **balance due by Friday 20 March**. Everyone is welcome. **Reserve your place now** – call 02 6296 1357 or enrol online, www.taichiacademy.com.au/tca/node/207

TAI CHI ACADEMY (since 1982)

time. However, some people may want a different learning experience so in the evening, there is an **alternative option** of doing Push Hands (a cooperative practice which teaches you to adjust your structure and strength in relation to your partner) and sampling the Taoist Taiyi Wuxing Quan, a once secret practice of the famous Wudang Abbot Xu Benshan. This form embodies many ancient Taoist principles and philosophy, such as yin yang, wuxing (5 elements) and bagua in its circling, coiling and intricate movements. It is a great set for opening the joints and getting the energy flowing. This form has never been taught in the Academy classes in Canberra. If you would like to experience this Wudang gem, come and try it!



Meditation – the Way to Perfect Contentment

Apart from the moving meditation of Tai Chi, Fontane will present an in-depth sitting meditation practice. Meditation allows you to look into the different layers of the mind, eventually experiencing an **oceanic sense of spaciousness** which is our natural state. Another dimension of the meditation is **the development of insight** into our patterns of reactions to changing circumstances in life. The style of meditation is non-denominational. It focuses on relaxing the body and calming the mind.



In the retreat, the following areas will be covered:

- the causes of frustration brought about by some common meditation techniques
- getting in touch with the natural effortless calm within
- turning daily activities into a practice of meditation
- maintaining a successful meditation routine
- the difference between meditation and mindfulness



Fontane will take you on a **journey of self discovery**. Being aware of the rich tapestry of experiences during meditation will enable you to accept yourself and others. This **allows you to transform negative situations into positive experiences**. The effortless calm you will discover within will become part of your daily life.

One of the unique aspects of this retreat is the combination of sitting meditation with moving meditation. This **will enable your body to feel good while you experience a sense of deep relaxation, peace and calm** from both practices. **The skills learned and insight gained here will serve and inspire you for your whole life.** We warmly invite you to experience the awakening and healing for yourself!



Workshop Presenters

Chief Instructor Brett Wagland established the Tai Chi Academy in Canberra in 1982. **Brett has over 37 years of teaching experience.**

Brett's teachers include Grandmaster Fu Sheng Yuan, a world recognised authority on Yang Style and Grandmaster Feng Zhi Qiang, the founder of the Hun Yuan Tai Chi system, who is known universally for his amazing feats of internal power.



Brett is the creator and presenter of the television series "Let's Get Fit", an innovative exercise program of 65 episodes, based on Tai Chi. This most popular program on Foxtel's Lifestyle channel is the first of its kind in Australia. The series is also broadcast in South America and Europe.

Fontane Ip is the assistant director of the Tai Chi Academy. Fontane specialises in energy cultivation and meditation practices. She has over 29 years of teaching experience in relaxation techniques. **Fontane's method of teaching meditation makes it easy to learn.** She **speaks about significant aspects** which are rarely discussed. **This knowledge is usually not taught openly.** She explains the relevance of this wisdom as it applies to our daily lives.



Retreat Venue

SIBA is a purpose built retreat centre ideal for meditation and healing. This 108 acre site is located in the mountains of East Gippsland, Victoria, surrounded by Australian bush. The property grows its own organic vegetables. All meals are prepared and cooked on the premises.

Just staying in this peaceful setting for a few days will calm your mind and renew your energy.



Duration of Retreat:

5pm Fri 17 April to 1pm Tues 21 April 2020

Venue: SIBA Retreat Centre

2592 Gelantipy Road, W Tree, East Gippsland, VIC
(25kms north of Buchan Caves)

Driving time from Canberra or Melbourne to SIBA is approximately 5 hours. Directions are available from the Tai Chi Academy (02 6296 1357) and on our website, www.taichiacademy.com.au

SIBA is a wonderful environment for practising self cultivation. This retreat centre is managed by great people who have a passion for what they do. We teach our arts with love and gratitude, so be prepared for an **enjoyable and inspirational experience!**

Enrich your life and improve your health!