

Don't Miss
This Summer's

Internal Arts Weekend Extravaganza

AT JADE FOREST HQ

JULY 24 - 26

IN COHASSET, MA.



Applied Principles of Tai Chi
Form Refinements & Corrections
w/ John Loupos
All Styles welcome.
Advance your Tai Chi to a Higher Level (2 hrs)

Sign Up Early for BIG SAVINGS. Save nearly 20% w/ ppd. Lodging available for out-of-town students.

Challenge your understanding of Tai Chi like never before...
develop Tai Chi legs like you read about w/ Rainy Day Tai Chi (1.5 hrs)



TAI CHI SWORD
LEARN ONE HALF OF THE TRADITIONAL YANG FAMILY SWORD (GIM) FORM (4 HRS)

SEE RETREAT PAST TESTIMONIALS AT WWW.JFKUNGFU.COM (RETREAT INFO)

(3 hrs)
Improve Your Balance, Gain Suppleness, Strengthen & Condition Your Body from the Inside Out w/ Ba Gua Animal Qigong



Call **781-383-6822** or e-mail jadeforest@comcast.net to pre-register. Call Today

Plus Learn IRON SHIRT QIGONG:
Postures, Breathing, Body Structure, Improve Your Wei Chi Function (3 hrs)

- PLUS Evening Session in Somatics
- Movement Patterns Especially
- Designed for the Unique Demands of
- Tai Chi Ch'uan to Increase Your
- Flexibility & Body Intelligence. (1.5 hrs)

All This and More Taught by One of America's Leading Internal Arts Teachers...
Longtime Teacher & Tai Chi Author:
Sifu John Loupos



Dear Internal Arts Enthusiast,

I had originally planned to offer a weeklong Liu He Ba Fa retreat this summer. Judging from the feedback I have received, the economy is influencing people's spending decisions even in matters of Qi. With this in mind I've decided to revamp plans for our annual summer training event by offering a series of separate but interlocking internal arts seminars in a more condensed weekend format. We'll be packing a great deal of training and information into a convenient weekend format, an *internal arts extravaganza* if you will, all for a phenomenal price. (Note: see next page for fuller description of individual curricula).

FRI.

Starting Fri evening I will teach Ba Gua Animal Chi Kung (2 animal patterns) from 6:30 - 8 pm.

SAT.

Beginning Sat morning I will offer instruction in 2 additional animal patterns from 8 - 9:30 am.

Instruction in Iron Shirt Chi Kung will follow immediately from 9:30 - 11 am.

Lunch break.

We'll reconvene at 1 - 3 for Applied Principles in Tai Chi form (all styles are welcome).

Tai Chi Sword, Basics & Form 3:30 - 5:30.

Dinner break.

Somatics movement patterns at 7:30 to insure everybody sleeps well.

SUN.

Iron Shirt training will conclude from 8 - 9:30.

Breakfast.

Rainy Day Tai Chi at 11:30 - 1 pm.

Lunch.

Tai Chi Sword continued. 3 - 5 pm.

Dismissal.

Ba Gua Chi Kung. Either session for \$50, or do both for \$75.

Iron Shirt. Both sessions \$75.

Tai Chi Applied Principles \$60.

Tai Chi Sword \$75 (bring your own, or buy one [\$75 for spring steel] at the event).

Somatics patterns \$25

Rainy Day Tai Chi \$50.

All events (15 hrs of training!) just \$300 (ppd only, saves \$60)

Join us for this unique weekend of internal arts training & Q&A, and find out for yourself how all these different methods have commonalities as separate but mutually supporting disciplines.

Limited housing/meal arrangements are available for \$50/ngt. Ba Gua Chi Kung