



International Tai-Chi Chuan and Qigong meeting
Tai-Chi Tcho 28 - 30 octobre 2011
 La Chaux-de-Fonds, Suisse

«Maison du Peuple», rue de la Serre 68

Friday

18:00 Reception
 20:00 Calligraphy and Tai-Chi Chuan

Saturday

08:00-09:00 Morning exercises / Qigong
 09:00-09:30 Greetings and information
 09:45-11:45 Workshops: Tai-Chi, Qigong
 12:00 Lunch
 14:00-15:45 Workshops: Tai-Chi, Qigong
 16:05-17:50 Workshops: Tai-Chi, Qigong
 19:00 Apertive and demonstrations
 20:00-02:00 Party dinner and dance

Sunday

07:00-08:00 Morning exercises / Qigong
 08:15-09:45 Workshops: Tai-Chi, Qigong
 10:00-11:30 Workshops: Tai-Chi, Qigong
 11:45-12:15 Collective demonstration in town
 12:30 Lunch
 13:45-16:30 Free Tai-Shou, Qigong
 16:30-17:00 Goodbyes, tea and cake

Sifu

Wilhelm Mertens D
 Dan Docherty UK
 Fernando Chedeli E
 Luis Molera E
 Fay Li Yip CH/UK
 Claudy Journmoughn F
 Saverino Mastrollo I
 Wang Ning CH/ED
 Richard Osoli UK
 Josef Rosenberg CH
 Nitelle Reichenbach CH
 Jean-Pierre Schopp CH
 Dounia Ahmed UK
 Jean-Luc Perrot B
 Bob Loney UK
 Georges Saby F
 Almut Schmitz D
 Nicole Hentrich CH
 Cate Wallis CH
 Sasa Krauser D
 Scott Chaplow USA/CH
 Josue Häfjger CH
 Ronnie Robinson UK

Taijiquan
 Descending applications
 Form and function
 Push hands
 Fan / Health Qigong
 Yubi Shi Qishi / Long polo
 Fu style pa kua yin palm
 Calligraphy and Tai Chi Chuan
 Sabot / Sword applications
 Principles of push hands
 Tai-chi for the elderly
 Fan partner form
 Push hands patterns
 Energy cultivated and shared!
 The Song of Drayin Yangshen
 Crane Whip / Whip Qigong
 Interaction Nip/Tsine in cloudhands
 Pole eyebrow light
 The spiral - the form / the content
 From standing to agile stepping
 Staff Partner Play
 Morning exercises
 Du Lui

REGISTRATION

Name :

Address :

e-mail :

Arrive : Friday Saturday

I want to camp in the hall yes no

I'll pay CHF 200.- before September 24

I'll pay at the door CHF 250.-

Friday: hot meal on site CHF 10.- yes no

Registration : Cornelia Gruber
 Mt Cornu 13
 CH - 2300 La Chaux-de-Fonds

Price : CHF 200.- (approx. 154 Euros *) paid before September 24
 or CHF 250.- (approx. 192 Euros *) at the door
 (* according to current exchange rates)
 Friday: hot meal at the place + CHF 10.-

Includes : Calligraphy, 6 workshops, 2 lunches, 1 dinner party
 80 free sleeping places in the halls (bring your own sleeping bag)
 Detailed program on www.taichichuan-cornelia.com

Location : La Chaux-de-Fonds is easily accessible by train (every hour)
 from Zürich, Geneva, Basel, or 2 hours drive by car
 Hotels of all categories available on www.neuchatel-tourisme.ch

Bank transfer : Banque Raiffeisen : Compte 1737 59
 Cornelia Gruber "Tai-Chi Tcho"
 IBAN : CH92 8023 7000 0001 7375 9 / CHF
 SWIFT : RAIFCH 22

CCP 23-3107-0 Banque Raiffeisen La Chaux-de-Fonds
 or checks (+ Fr.10.- or 8 Euros) made to Cornelia Gruber
 PayPal

Tai-Chi Tcho : "Maison du Peuple", 68, rue de la Serre

