

Workshop with Master Sam Tam 16 - 18 May 2014!



The workshop is divided into blocks. The total workshop cost is 290 Euro for the full weekend.

Just like last time Sam Tam visited Copenhagen , the workshop will be divided into blocks, each of which has its special focus. It is possible that Sam Tam choose to incorporate things from other areas into the blocks - depending on what he considers relevant. One block will have main focus on standing and sitting meditation , one on Qi Gong, one on sword form , one on form and push hands/applications and one on push hands.
If you only take part in one block , the price will be **95 Euro**. For more than one block 85 Euro

Programme:

Friday 6 pm. - 9 pm.

Saturday / Sunday 9:30 am. - 5.00 pm.

Location: Gladsaxe Sportshal

Vandtårnsvej 55 - 57

2860 Søborg

Friday: 6 pm - 9 pm

Standing meditation and sitting meditation

Saturday: 9:30 am . - 12:30 pm.

Qi gong

Sam Tam will teach "The bear" from 5 animal qigong .

Saturday: 2 pm - 5 pm

sword Form

Sunday: 9:30 am . - 12:30 pm.

Form, push hands/applications

Master Sam Tam's skills here needs no further presentation! It is here in this block and the

next , you will be able to "feel" him - do push hands with him. The two blocks overlaps more or less into each other - but we will in this block work with a piece of the handform , and it will be possible to ask about applications in the taijiform.

Sunday: 2 pm - 5 pm

This block is focused on partner exercises/push hands and how to work with issuing of relaxed force . As most people know, Sam Tam can convincingly demonstrate the power inherent in the internal martial arts ... Do not miss out on the opportunity to experience it at this high level!

All payment has to be made to:

Torben Bremann , Aprilvej 93 , DK-2730 Herlev

Danske Bank

IBAN: DK8530003332019171

Apart from the ongoing training and international workshops we have a lot of intro courses to taiji and qigong several times a year. These workshops typically runs over a weekend. All workshops will be announced on this site .

It is also possible to arrange a workshop/intro to taiji, qigong or related issues in your country and it is possible to sign up for private lessons as well.

For further info send an e- mail to:

mailto: info@taiji4you.dk or call phone : + 45 44 91 97 98