



Templo Shaolín de México A.C.
Yang ChengFu Tai Chi Center
www.KungFu.com.mx



Annual Tai Chi Retreat for Health And Longevity 2010

Dear Friend:

Since the 80's, the graduates of the Beijing Normal University have devoted their time and effort to find out which are the best exercises for each Tai Chi style to improve health.

"Tai Chi Retreat for Health and Longevity with Acupressure" with the great master Peng You Lian; graduated from the faculty of physical education and health from the Beijing Normal University, where he earned honorable mention from his teacher and mentor Wang Jianhua (creator of most of the texts of modern WuShu standardization), at the same university he took his master's degree on Tai Chi application and Qi gong therapy with world-renowned masters such as Zeng Nailiang excoach of China's selection of Wu Shu. Currently the Master Peng You Lian has the 7th grade (Duan) in Wu Shu for the People's Republic of China and realizes research works for the University of Thunderbay Canada for the application of Tai Chi therapeutically in adults and older adults, also on people with different abilities.



The Master Peng You Lian visit Mexico for the third time where he will give "six forms of Tai Chi Qi Gong for health, acupressure methods and range of Tai Chi" program with international recognition designed by academics and university graduates in Beijing in which there is the possibility to get an international certification as an instructor in Canada which has been adopted by the Canadian National Association of Sport and Health: "Can-Fit-Pro" (www.canfitpro.com)

If you attended to the last retreat, the great master Peng You Lian will evaluate in this occasion to the people who completed the course on 2009.

We look forward to your attendance!

Sincerely Daniel Corona
TSM AC Director

Tai Chi Qi Gong for Health and Longevity 2010

Questions and Answers

How much does the retreat cost?

The cost of the retreat is **385** usd, **includes lodging and meals for the days of the course, teaching material and Diploma, cash in the TSM.** Payment must be made no later than Monday November the 8th, 2010; this one is the last day for registration to the seminar. Payment can be made with debit or credit card (VISA or MasterCard) by online from our website with a special price, **350 usd**, sale valid only by online payment or bank deposit to TSM AC in a single exhibition. The special price for members of master Peng You Lian Association and members of the TSM AC with credential is **300** usd by online payment.

How can I register?

You must download the register form application and the regulation from our website (appendix at the end of this document), fill it, sign it and fax it to (52)(55)55-94-65-01 number or scanned to eventos@kungfu.com.mx on both sides, attach a copy of your deposits slips or a both sides copy of your credit card which will cover the cost of the event and a both sides copy of official identification. All this has to be ready on Thursday July the 8th, remember that the rooms are limited due to we only have a number of rooms, so book your room as soon as possible. The originals must be kept and delivered in person at the event during registration. **The day of the event you must present your original.**

Where and when will the retreat take place?

The retreat will take place in the Benedictine Monastery, located in the Federal Cuernavaca-Tepoztlan Highway; download a map in our website to get easier to the place. The retreat is from November 26th to November 28th 2010.

I don't have any physical condition, or I've never practiced this technique, what can I do?

Well that is the most incredible and great way to start this! Cheer up! We receive all kinds of people, from beginners to experienced teachers.

I'm vegetarian. Does the diet include meat?

The retreat diet is 90% vegetarian and there are two kinds of meat for the people who eat meat.

What kind of clothes may I wear, may I wear my uniform?

Of course, you can wear the clothes that you want to wear as long as you feel comfortable in it.

Which one is the number of my deposit slip?

In the upper right of your deposit slip there is a space where the date of deposit is in, below this, you will find a text that says "Movement Number" this one is the number to identify your payment. **Better than that, you can ask Bancomer to print your name** on the electronic card and the deposit, ask to the cashier, is safer and we will know immediately that you already paid for.

Do I have to share my room? May I stay alone?

The Price is sharing the room with one or two persons. Each room has two or three beds and we will accommodate the participants according to the order of the registration. If you come with a friend or partner and you want to stay with him, let us know to accommodate you together. If you want a room only for you, you should pay an extra charge of **\$100 usd** for the whole weekend. This is a simple single room, these rooms are brand new and with complete private bathroom and there are only 18 available, so this depends on availability.



May I take my camera?

Yes, you can take your camera, **no video cam**, and you can take pictures if you want, just remember that is forbidden to take photos in class. Also is forbidden to photograph the teacher.

What language will the course be taught?

In English, with simultaneous translation into Spanish.