



TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

Summer Training

Teachers:

Aug 10th - 18th

Ireland 2018

Public:

Aug 12th - 18th

University of Limerick



Price

Early bird discount for residential programmes of €75 applies if paid in full by 31st of May.

Package prices for Public Programme include 4 options:

Room, board & tuition for 6 nights €945.

Room, tuition & evening meal for 6 nights €825.

Self Cater, includes room, tuition & party dinner €725.

Non-residential 5 day package (4 hours of T'ai Chi per day & lunch) €225

Click [HERE](#) to make Payment using PayPal or Credit Card via PayPal

To download **PUBLIC** registration form

To download **TEACHER** registration form

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Welcome to University of Limerick for T'ai Chi Foundation Summer Training 2018

This year the campus provides us with a wonderful setting to inspire in our journey with T'ai Chi.

Open to the **Public** for registration on : Sunday 12th of August, 2018 at 4pm.

Teachers join for registration on : Friday 10th of August, 2018 at 4pm.

All leave together following breakfast on Saturday 18th of August.

Dromroe Village

Our Accommodation

Dromroe Village is an attractive apartment style complex, bordering the Mill stream and overlooking the Shannon river, near the main campus. It offers apartments to sleep 6, with large bedrooms, all with ensuite facilities. Each floor is accessible by lift.



Dromroe Village offers:

- Individual apartments with 6 study bedrooms with ensuite bathrooms, a fully fitted kitchen/dining room and a comfortable lounge area
- Accommodation for those with impaired mobility
- Electric heating
- Cable television
- Weekly refuse collection
- Self-service laundrette
- Complimentary refuse sacks and light bulbs
- Full maintenance service
- Regular security patrols at night
- Plus Residential Village Manager



An overview of your day at Camp

We begin each day together, joining sense & flow for our first hour. We have three hours of T'ai Chi Summer classes split into a morning & afternoon session, between this there is the opportunity to experience an hour of meditation.

T'ai Chi Form for beginners

The movements are taught step by step by our teachers. Each class has two or more instructors, who give clear indications, demonstrations, practice and hands on help with positions and moves.



Advanced T'ai Chi programme

The intensive residential format allows all participants to immerse themselves in T'ai Chi and experience deeper levels of awareness. In this way, the knowledge of the art and its meaning in daily life are enriched. More advanced students can take workshop-style Form as well as Sensing Hands classes.

A little more to choose from

Each morning we offer pre-breakfast early morning rounds led by teachers. Traditional Hawaiian Swimming and a variety of evening programmes, one of which includes a midweek guided walking tour of Limerick. Hawaiian swimming is the only programme which includes an additional charge.

Kids & Teen Camp



While parents enjoy their own classes, children of all ages can enjoy a range of organised activities. Our kids camp staff will keep children happy, safe and occupied with various fun activities, including arts and crafts, excursions and free play.

Children from age five, accompanied by a parent or carer are invited to participate in T'ai Chi Summer Kids' Games. During this session they will play specially developed games, become familiar with T'ai Chi principles and get a taste of the T'ai Chi Form.



A dedicated team of teachers will guide older children through T'ai Chi programme in the mornings. Afternoons are dedicated to swimming and fun activities.

Traditional Hawaiian Swimming

This swimming technique originates from the Hawaiian Warrior Huna tradition and uses T'ai Chi principles of timing, balance and relaxation to facilitate a remarkable ease of movement through the water. The breathing is observed and worked making swimming enjoyable and more efficient. It is a revitalising complement to the intensive T'ai Chi programme and is a wonderful opportunity both to overcome fear of water and greatly improve your swimming technique. It is aimed at swimmers of all abilities.



The inspirational South facing semi-rural site on the North bank of the River Shannon, fronts onto the arrival Piazza from the Living Bridge - a pedestrian link with the Limerick campus south of the River Shannon. Each morning, enjoy a leisurely stroll across the living bridge to class.

Our teaching Spaces

The Irish World Academy for Music & Dance.

Our teaching space at the Irish World Academy for Music & Dance sits in a special position at University of Limerick.

This will also be our 'hangout' space to catch up with old friends and making new ones!



Getting to camp

Closest Airport is Shannon 40 minutes by Taxi. - patcnnr4@gmail.com costing for 1 to 4 people around €50.

Travelling from Dublin Airport just over 2 hours www.dublincoach.ie round trip costing €30 per adult, children under 12 go free.

For flights to Ireland check out www.ryanair.com & www.aerlingus.com

The European Summer training team

Vanessa Costigan: Co-ordinator vanessamcostigan@gmail.com

Colette Nangle: Registrations c-nangle@hotmail.com

Sean O'Neill: Finance & Administration

Phone: Dutch participants only

+31 0(20) 421 1956

Phone: Irish & all other nationalities

+353 (0) 41 981 7269

To download a form or make a payment, go to www.taichichuan.ie

University of Limerick,

Sreelane,

Castletroy,

Co. Limerick

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Various package price options are available in our registration forms.

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We look forward to seeing you this summer!