



**Workshop  
with  
Taoist Master Li Hechun**

**13. - 18. June 2010**  
**Schweibenalp / Switzerland**

Ancient calligraphy which represents the philosophy of “Dao”

**Tai Chi Workshop**

Place: Schweibenalp, Switzerland (CH), [www.schweibenalp.ch](http://www.schweibenalp.ch)

Date: 13. - 18. June 2010, 6 days and 5 nights (Sunday - Friday)

Rate: CHF 390.- / EUR 260.- per Person (please see page 3: **Note**)

Participants: for beginners and advanced  
minimum 10 Members / maximum 14 Members

**Inclusive:**

- Lessons with Master Li Hechun (with English explanations)
- Tai chi cultivation in 24 movements (with 3 hours morning and 2 hours afternoon training)
- Dao philosophies with Master Li Hechun
- Evening internal work, Tao Yin (Tee ceremony / Music)
- Hiking, Badminton, Fitness, Swiss Nature and Mountains
- 7,6% VAT incl. Service charge

**Exclusive:**

- Room and meals for 5 nights and 6 days which have to be paid directly at the Resort (please see page 3: **Note**)
- Transportation from Zurich Airport to the Schweibenalp Resort (roundtrip by train)
- Personal health insurance and cancellation-protection
- Personal Extras during the Workshop

## Master Li Hechun

is a young master of the Longmen (Dragon Gate) branch of the Ch'uan-chen (Complete Perfection) School of Taoism in China. With this branch, the emphasis is more on inner cultivation and the practice of neidan, inner alchemy - all in the interest of cultivating the spirit and benefiting the world.

Master Li has been roaming the Taoist world of sacred mountains to learn with great masters and hermits. His early training was at a temple in the Zhongnan Mountain, its qualities held in esteem by Taoists for centuries.

At seven years of age, Master Li started his education to become a Taoist master who includes Taoist philosophy, cosmology, history, arts, rituals and meditative practices. Presently Master Li lives in the Chingyang Gong Taoist Temple in the city of Chengdu, China. He puts all his heart into propagating the values of Taoist culture and the benefits of Taoist philosophy, practice and lifestyle to everyone.

Master Li's published books and articles serve to revitalize the public interest in Taoist culture and its importance to a balanced development of modern China.

## Style and Form

A different Tai chi form which combines four styles: Chen, Yang, Wu and Sun. With this form the "best" of the above styles comes together in a sense that it furthers the internal practice and the understanding of the essence of Tai chi. This form is beautiful and rather simple, and it is good for beginners as well as advanced members, who wish to develop the Tai chi 'feeling' more intense.

## The Metaphor of Water

In Taoism the deep philosophy of the Chuang Tzu and the Tao Te Ching by Lao Tzu represents the underlying source of practice and life-style. These scriptures date back about 2500 years, and the Tao Te Ching is probably the most read classic of wisdom-literature in the world.

The metaphor of water is frequently referred to throughout this scripture which also applies to the practice of Tai chi and harmonizing of body-mind with the life-force. The Tao Te Ching emphasizes the many virtues of water as a model for humans who are being exercised with the Taoist practice of Tai chi; its calm, soft and yielding character is also the source of its greatest strengths. In meeting with insurmountable obstacles on its pathway, water will first gather and then ride roughshod over the most unyielding in the world; even the hardest rock can be smoothed by the gentleness of water; "weakness" is strength. Water stays in the lowest of all places, and is thus gathering any resources that come its way. Further, water is able to transform in accordance with circumstances, and without losing its essence; water can be ice, cloud, lake, steam, stream, rain, snow and ocean.

Experience the "Flow" with Master Li Hechun in his Workshop.



## Taoist Master Li Hechun

**Note:**

- Check in 4:00 PM / Check out at noon (12:00) at Schweibenalp
- Transportation from Brienz station to Schweibenalp are available on request
- Twin room base incl. full board, vegetarian buffet style: CHF 95.- per Person / per day
- Single room and dormitories on request: CHF 110.- and CHF 85.- per Person / full board
- Exchange rate will be subject to change without notice
- Please read our “General conditions” on the last side before you fill in the registration form

**Workshop Reservation:**

Marco G. Steiger  
Storchengässli 7  
8266 Steckborn  
Switzerland  
+41(0)79 - 296 05 75  
[marco.steiger@gmx.ch](mailto:marco.steiger@gmx.ch)

**Room and Food Reservation:**

Schweibenalp Resort (Center of Unity)  
3855 Brienz  
Switzerland  
+41(0)31 - 952 2000  
[reservation.anfrage@schweibenalp.ch](mailto:reservation.anfrage@schweibenalp.ch)

**Confirmation:**

After we have received your signed registration, you will get our written confirmation with details.

**Registration**

**Workshop with Taoist Master Li Hechun**

Date	13. - 18. June 2010 (Sunday - Friday)
Place	Schweibenalp Resort, Switzerland
Price	CHF 390.- / EUR 260.- per Person
First Name	_____
Family Name	_____
Street / No.	_____
City	_____
PLZ (post code)	_____
Country	_____
Phone	_____
Mobil	_____
E-mail	_____
Date of Birth	_____
I have read the General conditions of “The Art of Life” - RFMG Management GmbH	
Signature	_____
Comment/Request	_____

## General conditions “The Art of Life” - RFMG Management GmbH

### Registration

Please register in writing with the registration form or electronically via e-mail. Upon receipt of your registration you will receive a confirmation. The registration is binding.

### Cancellation

- Cancellation made after confirmation of our workshop, CHF 100.- processing fee per person.
- Unsubscribe 30 (thirty) days before the workshop begins CHF 200.- per person.
- 14 (fourteen) days before the course begins the entire workshop fee have to be paid.
- Absence from the course without canceling the workshop, the full fee (100%) has to be paid.

### Workshop

Our seminars, workshops and retreats are intended as a package. We assume that you attend the whole course and make room and board reservation by your own. Meals not taken, later arrival or earlier departure or unused nights are not refundable.

### Payment

Post- or bank payment in advance only. For short-term booking, please bring your proof of post or bank payment. Extras can be paid in cash on the spot.

### Room preferences

Room requests are processed in the order of the postings.

### Venue

The Schweibenalp Resort is a private owned Resort.

### Board

We serve vegetarian meals mostly from organic production.

### Clothing

Depending on the season, the weather conditions can vary. Please bring comfortable clothes and good shoes. House slippers are welcome.

### Smoking

The Schweibenalp is a non smoking Resort.

### Pets

We do not have the necessary facilities to accommodate pets. Therefore, we ask that you find during your stay, a better place for your animals.

### Insurance

Each Member will assure that she/he has made the necessary own insurance during the workshop. The organizer of this workshop will be no reliable for any lost, damage or accident and so on during the workshop incl. your way to and from the workshop place.

### General

All information are subject to change. No liability for printing errors. By registering you confirm that you have read these conditions and agree.

### Payment details: (Bank reference)

ABS Bank (Alternative Bank Schweiz)

4601 Olten, Schweiz (Switzerland)

IBAN Nr. CH1708390030659410100 (CHF)

BC-Nr. 8390

Post account: 46-110-7

Account Nr. 306.594.101-00

In favor for: RFMG Management GmbH, Graben 5, 6300 Zug