



TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER



12-18 August, 2018. T'ai Chi Foundation European Summer Holiday - University of Limerick



TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

European Summer Holiday University of Limerick, Castletroy, Co. Limerick, Ireland **40 years of Summer Training** 12-18 August, 2018

Join us on our return to University of Limerick (UL) to once again experience deep relaxation under the guidance of our international teaching team.

Your accommodation is in Dromroe Village, all rooms are ensuite, each apartment accommodates 6. You can choose to self-cater (make your own meals) or book a fully catered package.

Why UL? Check out what attendees said about Summer Training 2017.

Accommodation "brilliant", "5 stars!", "excellent", "spacious room", "plenty hot water"

The campus itself has an eclectic mix of architecture. The river Shannon meanders through the grounds providing homes to Wildlife and indeed lots of fantastic photo opportunities.

"Superb. Especially the magic of walking across the bridge"

Our teaching space is the Irish World Academy for Dance & Music. This space will be our main port of call each day, both for lessons and meals. In the evenings too we can all gather together in our new chill out space.

Every day our teaching team will guide you through four hours of tuition. You can choose to do as little or as much as possible, some of the extra classes include Hawaiian swimming, meditation, early morning rounds. We will also present an evening programme for you to choose from.

"Teachers all brilliant"

In existence for over 40 years the T'ai Chi Foundation (TCF) is an International non-profit School whose mission is to study and teach Tai Chi Chuan as a way to bring health and consciousness to humanity. Our school has a rich mix of teachers, who each year deliver the wisdom of their practice to the European Summer Training.

"One of the best weeks we have ever had!"

Package prices for 6 nights from €725
For further information & registration details visit our website, all updates scheduled for January, 2018
www.taichichuan.ie or www.taichifoundation.org
Email c-nangle@hotmail.com for registration.

For Dutch participants only phone:
+31 (0) 20 421 1956
Irish and all other nationalities phone:
+353 (0) 41 981 7269 for Colette

