



TAIJI QIGONG
ROMANIA

The Inner
Retreat
9 - 13 JUNE

Release. Reset. Rewire.



TIME FOR A JOURNEY

WITH

Shifu Zuan

and Team Journey Into Oneself

**GIVE YOURSELF A BREAK FROM DAILY LIFE TO
RELEASE, RESET AND NOURISH YOUR BEING.**

**ENJOY THE POWER OF NATURE
AND FIND INNER PEACE.**

**GIVE YOURSELF SPACE TO LISTEN
AND CONNECT TO YOUR
TRUE NATURE.**

**DIVE INTO PRACTICE
AND AWAKEN YOUR
INNATE POWER.**

**GIVE YOURSELF
PERMISSION
TO BE.**

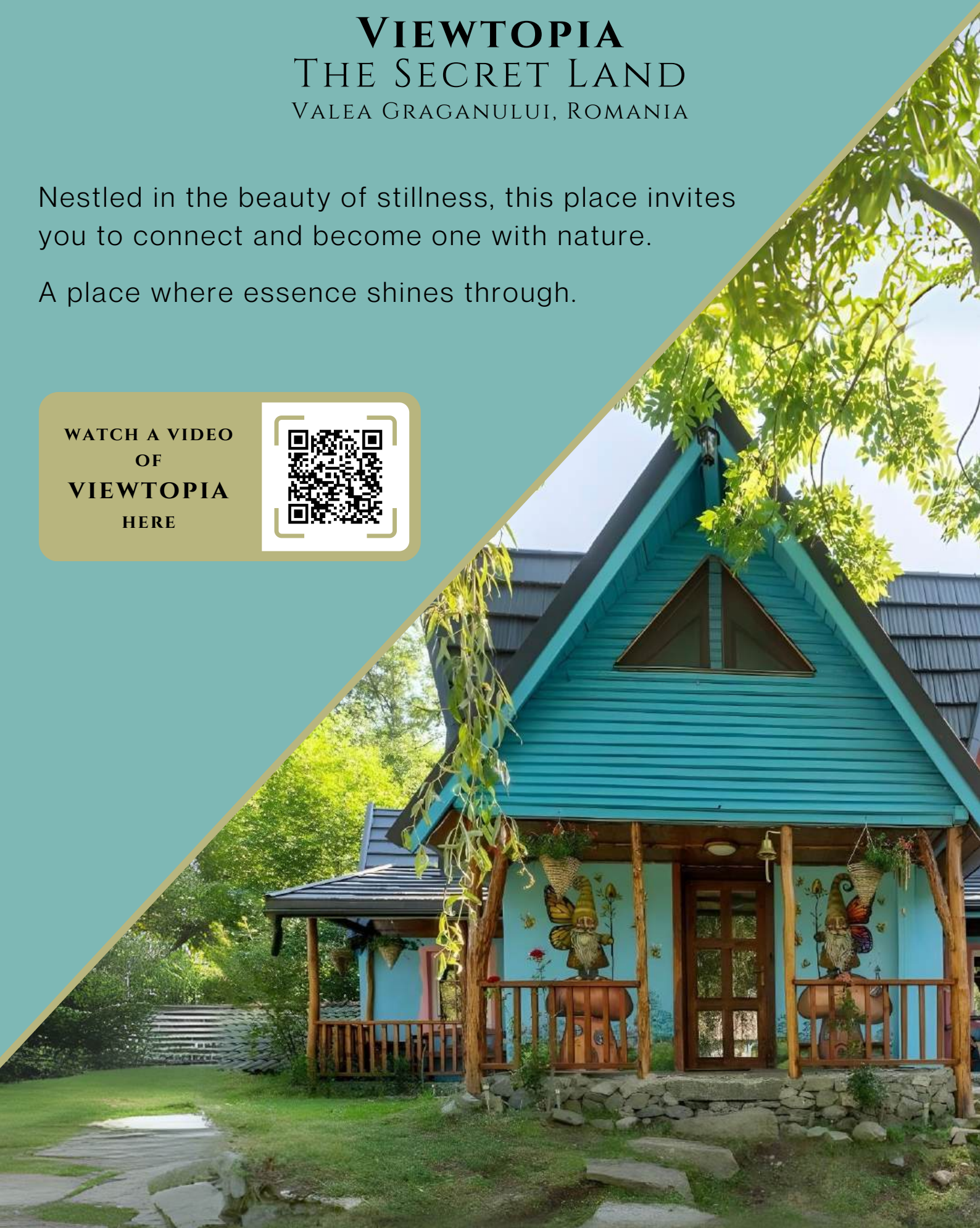
WHERE

VIEWTOPIA THE SECRET LAND VALEA GRAGANULUI, ROMANIA

Nestled in the beauty of stillness, this place invites you to connect and become one with nature.

A place where essence shines through.

WATCH A VIDEO
OF
VIEWTOPIA
HERE





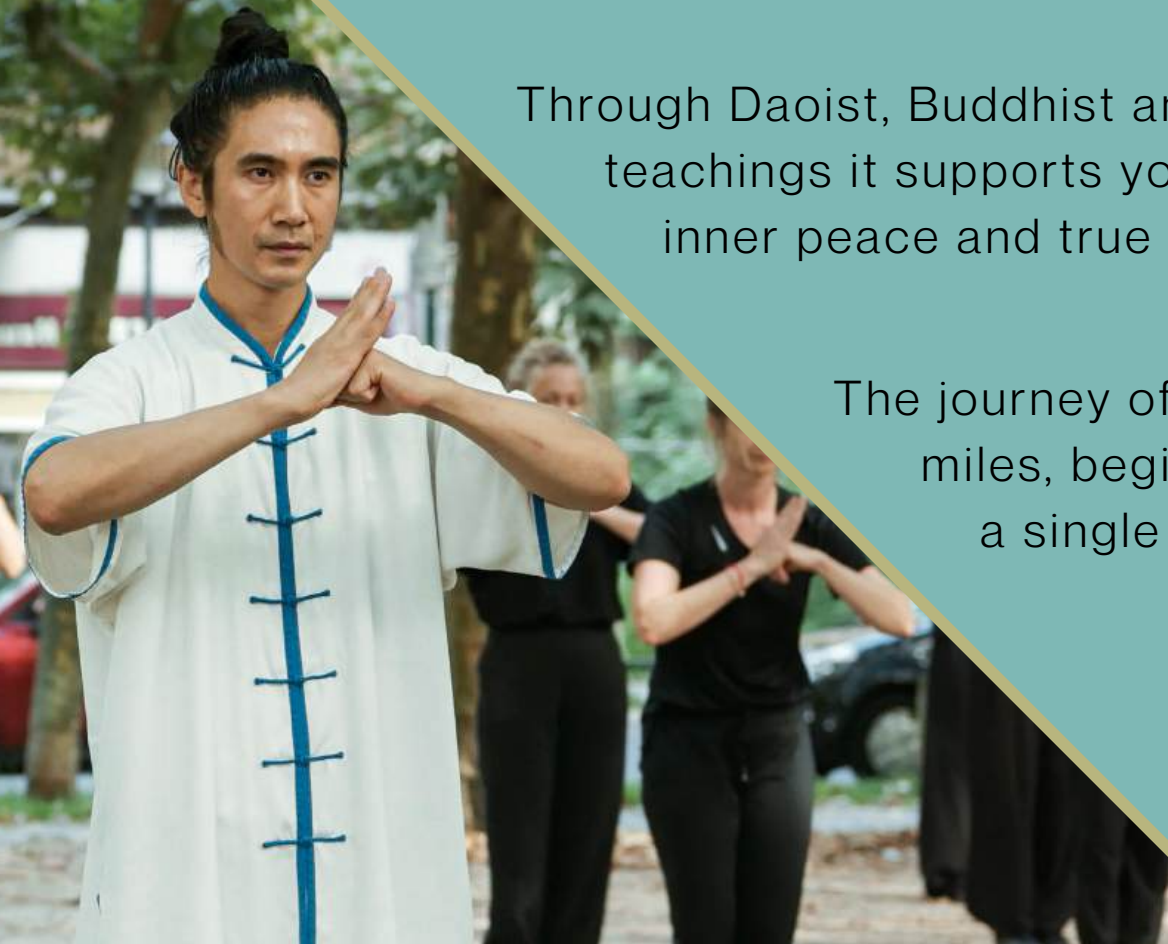
JOURNEY INTO ONESELF

Journey Into Oneself is a teaching program
under the guidance and care of Shifu Zuan.

It is an open space for everyone who wishes
to walk the journey within.

Through Daoist, Buddhist and Confucianist
teachings it supports you on the way to
inner peace and true happiness.

The journey of a thousand
miles, begins with
a single step.





CONTENT

FANG SONG GONG

BODY & OPENING
TENSION RELEASE EXERCISES

TAIJI QIGONG

STRUCTURE & ALIGNMENT
5 PREPARATION FORMS
TAIJI FORM

JOINT OPENING

PHYSICAL CONNECTIVITY
SINGLE POINT FOCUS

MEDITATION

DHAMMA TALKS
Q & A SESSIONS

SCAN TO
WATCH A
VIDEO OF
THE PRACTICE





OFFERING

- TAIJI QIGONG TRAINING ●
- MEDITATION ●
- PRIVATE RESORT ●
- SHARED ACCOMMODATION ●
- 3 MEALS PER DAY ●

**THIS RETREAT IS SUITABLE
FOR BEGINNERS AND ALL LEVELS.**

EVERYONE IS WELCOME TO JOIN.



PRICE
€ 695

Participants are responsible for organising their own travel to the location.

This is not included in the price.

REGISTRATION
INFO@SLTE.EU

INFORMATION
JOURNEYINTOONESELF@GMAIL.COM
FEEL FREE TO CONTACT US
FOR TRAVEL HELP OR MORE INFORMATION.



MEET YOU
IN THE SECRET LAND