

THE INTERNAL ENERGY PATHWAY

“ Less and less do you need to force things,
until finally you achieve non-action.
When nothing is done, nothing is unfinished. ”

Lao Tseu

BIND HOLIDAYS AND PRACTICE !



Live this privileged moment of the year in the middle of nature around the Lake of Attuech. A setting conducive to tranquility and the awakening of the inner self, where practice and family vacations coexist ! Conviviality, well-being, party, visits, swimming, organic meals, Taiji Quan, Qi gong...

There is something for everyone !

INFORMATIONS

Damien LANGNY

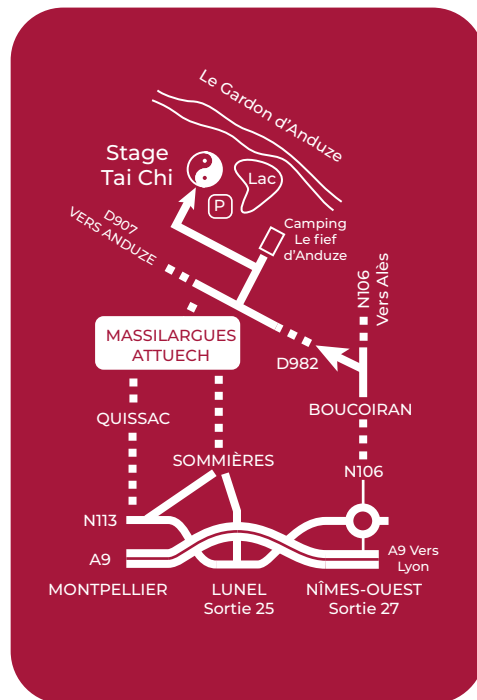
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How come ?



30140 Massillargues - Attuech



ÉTÉ TAI CHI - Le Jardin Intérieur
ZA La Ponche - Route d'Avignon
30320 MARGUERITTES (FRANCE)



Do not throw on the public highway - Graphic Designer : © studio moonifood - 06 51 59 26 04

ITCCA MEDITERRANEAN

Taiji Quan | Qi Gong | Meditation

Summer Training 2024

from 10th to 14 th July

Attuech Lake
Massillargues - Attuech



A CONSERVATORY OF ENERGETICS AND MATIAL CHINESE ARTS



Welcome to another summer practice session !

In 2024, the team and Lou Yan, who set up the Qi Gong training course, invite you to return to a traditional Taiji quan program.

This course focuses on « **the wave of Qi** », combining the centre form with Qi Form.

A form to reveal the energy of the **Heart**, the merging into the Self through non-action.

“Practice non-action and everything will take its place.”

Tao Te King, Lao Tseu

Team :

Lou Yan, Jeremy CELSAN, Yung Ae COUDERT, Gonzague DE CHIVRÉ, Nicolas DUCASTEL, Chloé GASPARI, Christiane GRAU, Maroussia GUIDERDONI, Simon GUILLEMONT, Olivia JACQUEMINET, Lorenzo MARINI, Catherine MAUGUIN, Alexandre PAUME, Françoise PEYRONNEL, Benjamin PLANCHOT.

REGISTRATIONS : trainings & meals

Registration and payment are **online !**

TRAININGS

Sessions 1 & 2

295 €

from 10.07 pm
to 14.07

Session 2

195 €

from 12.07 pm
to 14 .07

Payment in 3 times : 1/3 the day of your registration, 1/3 on **June 30** and 1/3 on **July 11**.

COUPLES -10%

with the code **DUO2024**

ITCCA Teachers -20%

with the code **TEACHER**

Organic meals !

An organic and vegetarian cook is offered every lunchtime from wednesday to sunday.

• 16 € per meal

• FREE for children under 11 years old

MEALS

Lou Yan and the ITCCA teachers welcome you to a course organized in **2 SESSIONS**, each lasting 4 half-days.

The 1st session is open to those who already know the hands form.

The 2nd session is open to all levels, including complete beginners in Taiji Quan.

It is not possible to do only the 1st session.

8 : 30 am : taoist health exercises
4 : 30 pm : taoist massage

SESSION 1

WEDNESDAY July 10th

3 : 30 pm : group reception and training
4 : 30 pm - 8 pm : practice

THURSDAY July 11th

8 : 30 am - 12 : 00 pm / 4 : 30 p.m - 8 : 00 pm

FRIDAY July 12th (morning)

8 : 30 am - 12 : 00 pm

LESSON 1 : CENTER FORM

Taking root in the sources of Qi

- **Class 1 :** Center form only
- **Class 2 :** Center form + heel and toes

LESSON 2 : FIGHTING FORM AND INTERNAL MARTIAL TEST

3 classes, distributed according to the levels of the Form.

LESSON 3 : BLOOD SWORD

- **Class 1 :** Initiation
- **Class 2 :** Center form
- **Class 3 :** Fighting Form

SESSION 2

FRIDAY July 12th (evening)

3 : 30 pm : group reception and training
4 : 30 pm - 8 : 00 pm : practice

SATURDAY July 13th

8 : 30 am - 12 : 00 pm / 4 : 30 pm - 8 :00 pm
FESTIVE EVENT
dinner, taichi danse, petanque, animations...

LESSON 1 : QI FORM

Taking root in the source of the Heart

LESSON 2 : TUI SHU

Listen to the different forms of energy and apply the six internal principles of Pushing Hands.

- **Class 1 :** Initiation
- **Class 2 :** simple pushing hands and test
- **Class 3 :** double pushing hands and test

LESSON 3 : SWORD AND FIGHTING FORM

3 classes and tests

- **Class 1 :** Initiation and first part
- **Class 2 :** (known form) : Center
- **Class 3 :** (known form) : Fighting Form

SUNDAY July 14th (morning)

8 : 30 am - 12 : 00 pm

Taking root in the source of the Spirit

- Spiral form and center
- Shen Gong
- Yi Gong
- Qi Gong

The traditional Taiji Quan outfit (black/or white) is recommended.

** Daily schedule subject to change.*

The times are given as an indication and will be adjusted to the temperatures to guarantee optimum practice conditions.

LODGINGS AND PRICES

Campsite Le fief d'Anduze ***



Camping « Le Fief d'Anduze »

195 chemin du plan d'eau
30140 Massillargues-Attuech.

Site : <https://www.campinglefief.fr>

Tél. +33 (0)4 66 61 81 71

Mail : campingdufief@free.fr

The campsite is located on the course site with shaded pitches and offers you a preferential rate.

Only book ONLINE !

4 nights : 60 € + Eco-taxe : 1,60 € /pers.

5 nights : 75 € + Eco-taxe : 2 € /pers.

Others lodgings

www.massillargues-attuech.fr

Tourist office of Anduze : +33 (0)4 66 61 98 17

Booking / Airbnb