



COLLEGE OF TAO PRESENTS

# 2012 Wellness Living Retreat

## Balance During Change:

## Staying Positive and Healthy through Uncertain Times

Temescal Canyon Retreat Center ▪ Pacific Palisades, California ▪ January 26 - 29, 2012

Start your lunar new year with College of Tao's annual Wellness Living Retreat to be held in the serene, natural setting of Temescal Canyon in Pacific Palisades, California. You will be joined by Drs. Mao Shing Ni, Daoshing Ni, Joseph Miller and other teachers as they lead you in the learning and practice of finding and sustaining your balance during challenging times. You will master self healing techniques with qi meditations, learn practical techniques on dealing with uncertainty using the ancient taoist wisdom of *I-Ching (the Book of Changes)*, and practice Harmony Tai Chi to deflect and transform stressful energy into positive and healthy energies.

There will be opportunities to learn and prepare for certification in qigong meditation, tai chi and Wellness Coaching. Current certified coaches will have an advanced coaching practice session. The ultimate objective of the retreat is to help you utilize the Wellness Living paradigm to rise above turmoil and achieve peace, health and joy in your life and the lives of others around you.

- 3 nights lodging in Temescal Canyon
- 8 healthy meals (3 breakfasts, 2 lunches and 3 dinners) (dairy free, wheat free & vegetarian options available)
- All lectures and workshops (8 am - 9 pm)
- Thursday night through Sunday morning

The retreat culminates **Sunday, January 29th** with Chinese new year's celebration and pot luck at Yo San University beginning at 10 am.

**PLEASE CHECK ONE:** (Rates are per person.)

### Early Bird Discounted Rates

With lodging and all meals	Thru 12/15	After 12/15
<input type="checkbox"/> Dorm (up to 14 people of same gender)	\$435	\$535
<input type="checkbox"/> Cabin 4-person	\$495	\$595
<input type="checkbox"/> Cabin 2-person (first-come, first-served)	\$645	\$745
<input type="checkbox"/> Cabin singles (limited availability)	\$945	\$1045
<input type="checkbox"/> Without lodging but including all meals	\$395	\$495
<input type="checkbox"/> Without lodging or meals	\$275	\$375
<input type="checkbox"/> Day Rate (1 day & 3 meals)	\$195 / day	\$295 / day
<input type="checkbox"/> Day Rate without meals	\$135 / day	\$235 / day
<input type="checkbox"/> Yo San Student (dorm only + all meals)	\$295	\$395
<input type="checkbox"/> Yo San Student without lodging but including all meals	\$195	\$295
<input type="checkbox"/> Yo San Student without lodging or meals	\$95	\$195
<input type="checkbox"/> Yo San Student day rate (1 day & 3 meals)	\$95 / day	\$195 / day
<input type="checkbox"/> Yo San Student day rate without lodging or meals	\$50 / day	\$150 / day

\*limited work study positions available-please email to inquire

**REGISTRATION:** Please complete this form with all credit card information and fax to 310-260-0014 or or mail form to College of Tao 13315 Washington Blvd., Los Angeles, CA 90066 with your check made out to College of Tao. For assistance with registration, call 800-772-0222 or email [contact@collegeoftao.com](mailto:contact@collegeoftao.com). Visit [collegeoftao.com](http://collegeoftao.com) to view photos of accommodations. An email confirmation of payment and accommodation choice will be sent upon receipt.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

NAME ON CARD \_\_\_\_\_ CREDIT CARD# \_\_\_\_\_

EXP. DATE \_\_\_\_\_ SECURITY CODE \_\_\_\_\_ TOTAL PAID \_\_\_\_\_

I am interested in attending the following **pre-retreat advanced intensive(s)** to be held on **Thursday, January 26, 2012** from 7 am – 5 pm at Temescal Canyon Retreat Center. Pre-retreat classes will be determined based on level of interest. Details to follow.

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Eight Treasures        | <input type="checkbox"/> Self Healing Qigong  | <input type="checkbox"/> Dao In                 | <input type="checkbox"/> Taoist Meditation |
| <input type="checkbox"/> I (8 little treasures) | <input type="checkbox"/> Crane Qigong         | <input type="checkbox"/> I (22 poses)           | <input type="checkbox"/> I (beginning)     |
| <input type="checkbox"/> II (first 4 treasures) | <input type="checkbox"/> Harmony Tai Chi      | <input type="checkbox"/> II (21 poses)          | <input type="checkbox"/> II (intermediate) |
| <input type="checkbox"/> III (last 4 treasures) | <input type="checkbox"/> I (18 steps)         | <input type="checkbox"/> III (21 poses)         | <input type="checkbox"/> III (advanced)    |
| <input type="checkbox"/> Tai Chi Sword          | <input type="checkbox"/> II (28 steps)        | <input type="checkbox"/> Ba Gua Cosmic Tour     |  |
| <input type="checkbox"/> I (16 step)            | <input type="checkbox"/> III (58 Yin section) | <input type="checkbox"/> Merry-go-around        |  |
| <input type="checkbox"/> II (16 step)           | <input type="checkbox"/> IV (50 Yang section) | <input type="checkbox"/> Single transformations |  |