



**T'ai Chi Chuan
Schule - Götzens**

Tai Chi & Tai Ski

We invite you to a long weekend of Tai Chi Chuan, and afterwards Tai Skiing in the great mountains near Innsbruck, where the Olympic Games took place in 1964 and 1976.

Who wants to join us?

Beside the Tai Chi you can experience how the principles of Tai Chi work in skiing and snowboarding. How moving in the snow, air and mountains develops the chi and deepens your experiences of rooting, relaxation, friendship and the wonderful *Apfelstrudel* on top of the Hoagl mountain.

T'ai Chi Course: Thursday, 14 March, 2019 19.00 - 21.30
Friday, 15 March, 2019 15.00 - 19.00
Saturday, 16 March, 2019 11.00 - 17.00
Sunday, 17 March, 2019 11.00 - 17.00

Apprentices: Gerrie Sporken, Koen Krikhaar, Peter Kennedy, Ed Johnson, Maria Gandler, Franz Stumpf etc.

Costs: 120,--€

Place: Sporthall Götzens, Friday: Gemeindezentrum

Tai Skiing: 18th - 22nd of March.
It's up to you how long you will join us.
No costs for skiing together. Just rent skis and buy your skipass.

Please contact: Claudia Gebhart, kontakt@taichi-goetzens.tirol



The School of T'ai Chi Chuan
www.taichifoundation.org