

TAO YIN, HEALING LOVE & STAR GAZING RETREAT

At Studio ChungDaoTang (中道堂)
558 Willi Hill Road, Swan Lake, NY 12783



DATES: June 25-30, 2013

Registration on June 25 from 5 to 6 pm, dinner 7 pm

June 30 ends at noon lunch or picnic to take on the road.

TOTAL COST: \$1095.- includes room and board
(5 nights, and 3 meals each day).

Participants will help with preparation of meal and cleaning ups.

Size limited to 10 people so register in advance

If you have any questions e mail me info@taohealing.com

SCHEDULE:

June 25

arrive, register and get yourself settled

Dinner 7pm

Evening Session: Introduction

June 26

Morning QiGong 7:30 am

Breakfast: 8:15

Morning session 9-12

Lunch 12:30

Afternoon session 3-6pm

Dinner 7pm

Evening Session 8:30pm Star Gazing

Depending on weather we'll decide the dates.

Last day

Morning QiGong 7:30 am

Breakfast: 8:15

Morning session 9-12

Lunch 12:30

Farewell until next time!

HOUSING: At ChungDaoTang, there are 5 "tatami" mat and a bathroom with shower. At the house there is a big bedroom with a queen size bed. There is a futon couch in the living-room. The half-basement has an airbed. People will need to bring their sleeping bags and towels. Those who wish a private room with private bathroom can check [LAZYPOND INN](#) (6~7 minutes) or <http://www.scva.net/lodging/>



HOW TO GET THERE:

Coming from NYC: there is an express bus to **Monticello, NY** from Port Authority (@8th Ave and 42nd street) by [Coach USA](#) (a.k.a.Shortline Bus). Take the 2:30 pm bus on Friday and the 6pm of Sunday arriving at Port Authority at 7:50pm. Round trip is \$60.-



A. Tao Yin (Taoist Yoga)

Tao-Yin exercises help your internal life force, or Chi, to circulate more freely, for the purpose of refreshing, attuning, adjusting and regenerating your personal energy. All the Tao-Yin movements are based on ancient spiritual development. Taoist Yoga floor postures stretch the difficult-to-reach psoas muscle, calm the mind, open energy channels, and relieve stress. An important aspect of Tao-Yin is that it has alternating phases of activity and relaxation. During the relaxation phase you will learn to feel and gently guide the Chi flow to specific areas of your body. You will learn to absorb the nutrition from the air and the surrounding energy so you can open each cell to the fresh vitality of the universal force.

B. Healing Love

The pillars of Healing Love are cultivating, conserving, transforming and circulating sexual energy. It enables us to use this energy for healing and nourishing our body and mind. The Deer exercise along with the ovarian and testicle breathing will help strengthen our immune system. Understanding and mastering this sexual/creative energy is necessary for our spiritual development in the higher practices of the Taoist Internal Alchemy. Healing Love produces a deep sense of respect for all forms of life.



C Star Gazing

Will work with Big Dipper. Understanding the cycles and using it as a compass. We'll do a very powerful and beautiful meditation Absorbing the star light into our organs, bones and crystal palace. Connecting the above and the below, the macro and micro cosmos.

What could be better than laying on the ground on a summer night than taking in the star light!



Karin Sörvik

Is a Taoist Minister and instructor with the [Healing Tao System](#). Her first career was in dance, theatre and music, earning her degree in acting from the Escuela Nacional de Arte Dramatico. Most of all she loved the magic/spiritual space that's created during a performance. To further her search she began to look into Eastern methods. She studied Tai chi and I Chuan with Master Tung Kuo Tzao in Argentina and became a Taoist Minister with D.A.R.I. She also won several Tai Chi Chuan competitions in South America. She moved to the US in 2001 to serve the Taoist community and to further her practice. She studied with several Taoist Masters: Ron Diana, B.P. Chang, Dr. Sthephen Chang and Mantak Chia.

Karin Sörvik is currently the Director of the Healing Tao Center, Tao Healing Arts.com. and founder of the non profit The Healing Tao Society. She is a practitioner and counselor in Taoist Healing Practices. Practices include: Tao Yin (Taoist Yoga), Nutrition, Herbology, Meditation, Tai Chi, I Chuan, Chi Nei Tsang and Chi Kung Therapy.