

19th CHI KUNG SUMMER SCHOOL

11 - 15 July 2018



Meeuwenveen
Havelte, Nederland
with
Peter den Dekker
author of
The Dynamics of Standing Still



The nineteenth Chi Kung Summer School will take place at 'Meeuwenveen'. It is a spacious training centre surrounded by woods, in Havelte, in the quiet northeastern part of Holland

The Summer School is open for beginners and advanced practitioners of chi kung. All the previous Summer Schools have been attended by participants of many nationalities, and a wide range of ages, and backgrounds.

Each day will start with an outdoor early morning training session. Everybody will practice at his or her own level. Still chi kung is of prime importance, but also the other moving aspects of the *I Chuan* tradition will be studied and practiced: *shi li*, *zhou bu*, *fa jing* and *tui shou*.

After breakfast we will study in depth the background and inner mechanics of the chi kung and *I Chuan*, and apply the insights in practice. In the later afternoon there will be free training. All aspects of the *chi kung* and *I Chuan* can be practiced under supervision.

Peter den Dekker is a chi kung instructor and practitioner of Japanese acupuncture. He has thirty plus years of teaching experience in oriental medicine, chi kung and *I Chuan* in Holland and various other European countries. He lives with his partner and daughter alternately in Amsterdam, Dalfsen en Portugal.

The fee for the Summer School is €400. The cost of accommodation, including full board, is €390 / €440 / €490. For more information and registration, please see the website.

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