

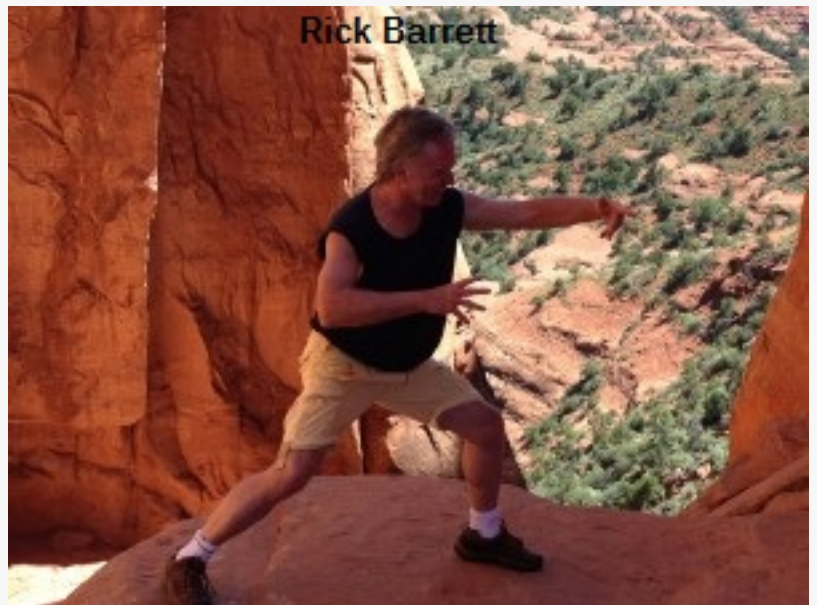
# Taichi/Qigong Workshop Retreats - Two Unique Masters: Rick Barrett; Terry Dunn

*Two Summer Workshop Retreats-Taichi  
Alchemy: Yang Cheng Fu's 13 Original  
Postures - Rick Barrett  
and Ermei Flying Phoenix Qigong - Sifu  
Terry Dunn*

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Two Taichi Workshop/Qigong Retreats -  
Two Unique Masters:

July 21 - 23 Taichi Alchemy-[Yang Cheng  
Fu's 13 Original Postures](#) with Rick  
Barrett



Taichi Alchemy: Yang Cheng Fu's 13 Original Postures -  
July 21-23

Yang Cheng Fu's 13 Original Postures is a short, but extremely powerful taijiquan form. It is valuable to experienced taiji practitioners who feel they are ready to take their practice to a new level, and to beginners as well. If you are experienced and feel you are not rooted, fully present or energetically connected throughout your whole form, then you may just find this workshop is what you are looking for in order to reach the effortless power that is promised in the classics. At higher levels, taijiquan promises not just good health and robust vitality, but also radical Presence, effortless power, and an opportunity to resonate with the Tai Ji, the undifferentiated Wholeness that is the Ground of Being. Most important, it shows us how to bring all this into the lived life.

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Right from the start, I want people to not just be able to successfully execute the movements of a form, but to also feel their qi, their jin, and their root.”

*Rick Barrett, Taichi Master*

In over a quarter century of teaching, Rick Barrett, author of *Taijiquan: Through the Western Gate* and *Finding You in a World of It*, has always tried to shorten the on-ramp to high-level Kongfu by simplifying and de-mystifying the language of internal martial arts, understanding that the work still has to be done, but the journey is more satisfying when you know what you are going for and how to get there. His 40 years of taijiquan research has been driven by a radical empiricism: Does it do what it says it does? Can I FEEL it? Can it be shared with others? Can it be replicated? Does it lead to further discovery? “Right from the start, I want people to not just be able to successfully execute the movements of a form, but to also feel their qi, their jin, and their root. Not just awakening to the energy

that animates all things, but learning to use it effectively"- Rick Barrett. Yang Cheng Fu's 13 Original Postures was taught to Rick by Master Yang Fukui, who learned from his great grand uncle, Zhai Yongwen. <http://eastover.com/taichi-alchemy.html>

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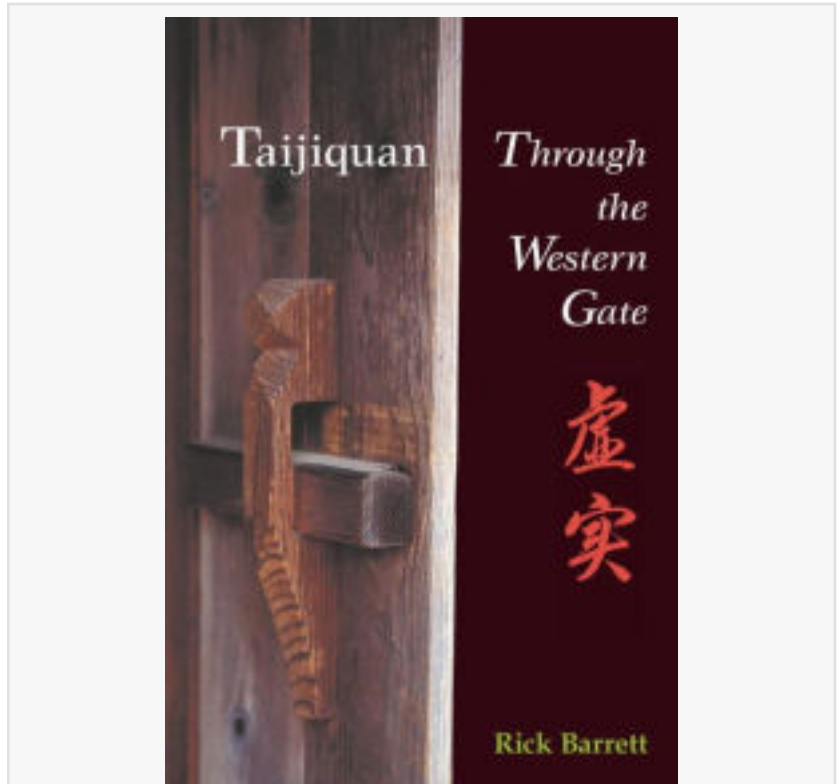
July 27 - 30th, Sifu Terry Dunn -  
19.5 California acupuncture CEU's  
available

"This is a great practice for body, mind and spirit. It is holy; it is healthful; it is scientific. Yet, there are no words. Just do the movements, memorize the movements, do the breathing exercises before. Do not argue, do not think. Just do, and you will see results. How did the ancient Chinese discover this?"

— Four Tusk Njoku "Njoku"  
(Philadelphia, USA) May 11, 2007

"Because of the great interest in Qigong in the west, it is important to have bona fide teachings by bona fide teachers. Too often students wind up learning a little bit of this form and a little bit of another, while never learning any complete system. This series is a good example of a serious and gifted instructor who offers a complete system of healing qigong to the serious student."

TERENCE PANG-YEN DUNN is an expert instructor of Chinese martial, yogic, and healing arts with more than 39 years of training based in Los Angeles, CA. Since 1990, he has popularized Tai Chi Chuan and authentic Qigong practice throughout America and Europe through his highly acclaimed Tai Chi for Health and Chi Kung For Health DVD programs. Terry has also pioneered the practice of Tai Chi and Qigong in modern medicine and professional sports. Educated at Yale College and the Harvard Business School, Terry is a gifted teacher, author and filmmaker who expresses an ecumenical vision in preserving some of the most rare and powerful arts found in China's martial, yogic, and spiritual traditions. Terry Dunn's 39 years of experience in Chinese holistic health practices includes more than 32 years in T'ai Ch'i Ch'uan, Qigong and Chinese methods of meditation, and more than 30 continuous years in three styles of Chinese boxing (kung-fu). He has studied authentic Kung-Fu arts under some of the most renowned Chinese martial art masters of the twentieth century. Dunn is an instructor in the Southern Sil Lum Five Animals Kung Fu, Taoist Elixir Method, and the legendary "Eight Sections of Energy Combined" Kung Fu. Terry taught Tai Chi and Chi Kung courses at Cedars Sinai Medical Center in Los Angeles for many years, and wrote the first medical protocol in American medical history applying therapeutic Tai Chi and Qigong exercises to accelerate patients'



By Rick Barrett, Founder of Taichi Alchemy



Totally renovated nostalgic Berkshire Summer Cottage

recovery from major surgeries. In 2000 and 2001, Terry became the first Tai Chi trainer in the NBA, training the Los Angeles Lakers during their second championship season, conducting a 50-minute Tai Chi and Kung Fu warm-up and conditioning regimen at the start of every practice. Terry is the creator of the all-time best-selling Tai Chi for Health DVD series (released in 1991) and the six-part Chi Kung For Health series (released in 2003) teaching the remarkable Flying Phoenix Celestial Healing Qigong.

“FLYING PHOENIX QIGONG” with Master Terry Dunn is a 3-5 day intensive Qigong workshop.

powerful medical Qigong (chi kung) system created more than 400 years ago by Taoist sage named Feng Teh of Ehrmei Mountain in Xichuan province in western China. Flying Phoenix Qigong is a complete Taoist monastic system of hygienics --comprised of standing and seated, stationary and moving meditations that imparts a wide range of salient health benefits: increased respiratory power, improved circulation and metabolism, well-regulated sleep and resulting higher energy levels, improved neuro-muscular function and balance, strengthened immunity, increased bone strength, and the allostatic reversal of many signs of aging. Besides its splendid health benefits Flying Phoenix Qigong training so sublimely integrates mind and body to a higher level of structural sensitivity--by bringing all the organ functions under the regulation of the subconscious mind—that it stabilizes full absorption-jhana and trains one-pointedness (samadhi) so that the practitioner’s mind easily rests in the second and third jhanic states.

<http://www.eastover.com/terence-dunn-2.html>

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