



Taiji Training Program Offered at Last!

Taiji course dates:

2 Weeklong Retreats +
Distance training

WEEK 1 (introduction)

- o Mar 13 - 22

Distance Portion

- o March to June
- o Primarily self-paced
- o Includes *videos*,
interactive coursework,
and *personal practice*

WEEK 2 (completion)

- o Jun 27 - Jul 5

*Held in the beautiful
mountains above
Los Gatos, CA*

Cost:

\$3800 – Early Bird*
(regularly \$4150)
-Includes room and board-

**Or GET BOTH courses
(qigong & taiji) for only**

\$5400 – Early Bird*
(regularly \$5750)
-Includes room and board-

Registration is easy!

ONLINE at:

<http://trilokayoga.com/classes.html>

EMAIL:

admin@trilokayoga.com

PHONE:

(408) 250-1849

*To receive the Early Bird discount
you must register before Jan 15, 2015



Triloka's *taiji* (tai-chi) course and Triloka's *qigong* course both begin on the same foundation: Daoist yoga, and self-healing. Then it's on to *taiji*! You will learn two Yang style *taiji* forms - one simple form for training and one longer traditional form. Next come the self-defense movements that are hidden in each form. What sets this course apart from other *taiji* trainings is that in addition to learning the history and lineage of *taiji*, you will also learn dozens of secret techniques such as energy extension, "*nei gong*", and "push hands" that will bring your practice up to the next level. Graduation from Triloka's 200 hour *taiji* course gives you comfort and confidence in facilitating group practices as well as the ability to continually evolve in the solo form.

- *Taiji* (AKA tai-chi) forms have been used for healing, self-defense, and personal development for over a thousand years!
- Practitioners of *taiji* and *qigong* report improvements in flexibility, endurance, vitality, and the alleviation of chronic health complaints.
- This 200 hour course covers all aspects of *taiji* training, including: 2 yang style solo forms, self-defense and self-healing applications; the historical lineages and styles of *taiji*, Daoist yoga, internal alchemy, and more!
- Triloka's yang style *taiji* training modules ensure that graduates have the ability to practice and develop in the solo form and are qualified to share the form with others.

About Triloka:

At Triloka, we delve deep into the practices and human development systems of India, Tibet, and East Asia, identify their unique cultural and religious histories, and clarify their moving parts. We learn that there is a core curriculum common to these related systems, and that this curriculum is most easily accessed in an experiential and straightforward manner. We honor the roots and branches of these traditions while making the entire spectrum of training available to people of all backgrounds and religions. If you desire to discover your hidden potentials, become more of yourself, and to be empowered to take responsibility for your own path in the 21st century, then Triloka is designed specifically for you. To see more visit:

www.trilokayoga.com