



association LIQI – Rouen - France



stage
qi gong

Summer 2017 :
**QI GONG &
Norman beaches**

Maitre LIU He in **Houlgate**



From the 15th up to 18 august 2017



Liu He co-founded Ling Gui International Healing Qigong School in Paris, France. After moving to the United States, she opened the U.S. branch of Ling Gui International Healing Qigong School in Seattle, Washington and Portland, Oregon. She is also on the faculty of the Oregon College of Oriental Medicine teaching their advanced level students.

Teaching during this training

Bouddha's one thousand eyes

Bouddha's one thousand eyes is a very old style wich comes from from secret bouddhist practice. Only used by monks and hadn't been taught publicly. His practice allow a bigger awareness of all aspects of your life: spiritual, mental, emotionnal, and physical.

Eyes Welfare : self massage and meditating

Taoist Nutrition : theory

New moon meditation : préparation New moon preparation of the 21st of August 2017

Training fee : 350 euros

(travelling, subsistence & accommodation expenses not included)

Location

Centre Sportif Normand (Normand sportif centre) - **CSN**
Route de la Vallée, 14510 **Houlgate** 02 31 28 80 00

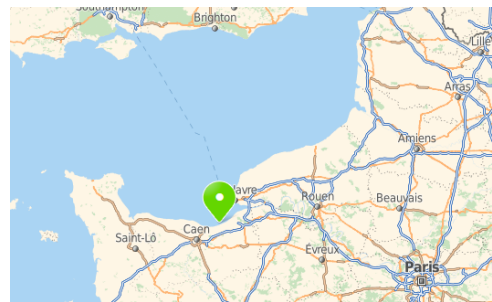
Access

Road : 2h30 from Paris ; 1h20 from Rouen et 3h45 to Lille

Train : SNCF station at Houlgate center

Bus : « Bus vert » n°20 de la côte normande. **CSN** stop

Plane : Deauville airport (30mn) – flight to London



Your seminar venue:

In the middle of a wooded parc, from a few minutes to Hougate town, beautiful seaside resort. In a nature site, a private place offers in the same site: accomodation, catering, sportif structure, training and relaxation area.

Bedroom includes two single beds, a small bathroom with wc.

Beds are set up upon arrival. **Please, bring your own towels.**

Tourism :

Beach and Houlgate town is at 20 mm by foot. Rich cultural seaside heritage : Cabourg at 5,5 km (3.5 miles) and Deauville 18 km (11 miles).

For further information: liqi76@free.fr

<http://energieliqi.free.fr/>

Mme Bernadette Frumence 06.64.92.02.17

M Dominique Banik 06.77.65.02.72

Association LIQI - Stage du 15 au 18 aout 2017 – Maitre LIU He



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Training time : (Allow a relaxation time at midday)

	start time	end time	start time	end time	start time	end time
15th aout		3pm	7pm		
16th aout	9am	12,3	4pm	7pm	9pm	10pm (evening meditating)
17th aout	9am	12,3	4pm	7pm		
18th aout	9am	12,3	2pm	4,3pm		

Advice :

- ✓ Normandy coast is a very busy place in summer. If you wish to book in a different place, please book in advance (hôtels, campings and restaurants)
- ✓ Lots of hotels at Houlgate and 3 campings wich one is municipal camping, nearly **CSN**
- ✓ CSN fees are exeptionnels (see below), if you wish to stay, please book in advance.

Registration form to send to :

Association LIQI – 147 rue de l'appel du 18 juin 1940 - 76230 Bois Guillaume
Before 31st of may 2017 with 2 cheques

SURNAME :

Fistname :

Sex : H / F

Association :

Address :

Postal code :

Town :

Email :

Phone :

vegetarian diet ?

Find enclosed **1** deposit cheque of 100 euros for the training to "**LIQI Association**" (deposit no refundable). Balance of 250 euros to pay for the 15th of July 2017 (will be banked after training)

- Find enclosed **1** for acomodation, food and reception to **CSN Houlgate** (use below chart for your figures and for your booking)

Fill every compartment of the picture with "1 or 0":

	breakfast	lunch	midnight snack	private room	or shared room*	1 entrance center CSN	Total amount
14 aout							X
15 aout							
16 aout							
17 aout							
18 aout							
nombres			0	0	0	1	
prix unitaire	4,50 €	9,55 €	9,55 €	21,80 €	14,90 €	12,00 €	
montants	0,00 €	0,00 €	0,00 €	0,00 €	0,00 €	12,00 €	12,00 €

* enter the name of the personne with whom you want to share the chamber :

for information :

- 4 days full board & private room = 193,60 euros
- 4 days full board & shared room = 166 euros
- 4 days half board & private room = 155,40 euros
- 4 days half board & shared room = 127,80 euros
- outside person = 12 euros

People accompagnyng : please, send 1 cheque, Calculate in using the first 5 columns of the table

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