

Sensei Sandeep Desai Presents T'ai Chi- Vacation with Vegetarian Detox

In a bid to improve their lifestyle, people are running so hard and fast that there is simply no time even for a reminder that all the wealth that they might build up will count for nothing if their health is not in order.

Today, the majority of children is growing up without adequate knowledge with regard to the exercise, sleep, rest, breathing and correct diet. Still,, all is not lost if you take that all-important first step called the initiative. I want to share this knowledge with as many people as possible

I would like to invite you to 8 day residential T'ai Chi workshop to be held from 29th April to 6th May 2016, in the surreal beauty of Madhuban (Fruit Orchard) at Talla Ramgarh near Nainital.

Based on the Chinese philosophy of Ying and Yang, T'ai Chi is a meditative internal martial-art and health exercise. Many recognize it as the 'fountain of youth' as it slows down the process of ageing. The regular practice of T'ai Chi offers a multitude of benefits. Some of the benefits include: improved balance, coordination and reflexes; self-defense; limitless energy; deep physical relaxation; heightened awareness of self and your surrounding; patience; stronger bones, muscles and organs; renewed harmony with nature.

T'ai Chi has been shown to have powerful effects on a variety of ailments, from arthritis to heart problems, diabetes (type 2), bone loss and aging.

Learn how to

1. Tap into your energy
2. Breathe mindfully
3. Defend against diseases as well as attackers
4. Increase strength and flexibility
5. Enhance your sense of peace

An eight-day ANTI-DIABETES and ANTI-OBESITY residential workshop

Location: Madhuban (Fruit orchard), Talla Ramgarh near Nainital

(Nearest Railway station Kathgodam)

Dates: 29th April to 6th May 2017(7 nights-8 days)

Energy Exchange: Rs. 16,000 only (50% advance payment for confirming your seat)

Assembly point is at Delhi Station at 9.00 pm on 28th April to board the Ranikhet Express .

Train departs at 10.30 pm on 28th April from Delhi and reaches Kathgodam at 6.00 am on 29th April

Return journey from on 6th may 2017 by, Kathgodam to New Delhi by Ranikhet Express

Train starts at 8.40 pm from Kathgodam and reaches New Delhi at 5.00 am on 7th May 2017

Inclusive of:

- **7 Nights 8 days Accommodation on twin sharing basis at Madhuban, Talla Ramgarh**
- **3 meals daily. (simple vegetarian meals with salads, soups and fruits)**
- **3 sessions of T'ai Chi everyday with Sensei Sandeep Desai**
- **Ashtanga Yoga sessions will be held in the early mornings for interested participants**

We can assist you to arrange

- **Overnight 3 tier AC train journey from Delhi to Kathgodam- return**
- **Taxi pick up and drop from Kathgodam to Madhuban and back (appx. Cost Rs. 2000 per person)**

OR

you can make your own arrangements to travel by road from Delhi to Madhuban (Talla Ramgarh)

(Mumbai -Delhi travel arrangements has to be arranged by participants joining from Mumbai)

For Registration Call: 9987044284, 9820077570, 022-26716630 OR email taichiindia@hotmail.com

For Registration you can transfer the (50 % advance) amount INR 8000 to the following account:

**Sandeep Desai
ICICI Bank, Andheri Branch, Sagar Avenue, S.V.Road, Andheri (w),
Mumbai 400058,
IFSC Code: ICIC0000011.
A/c No: 001101520744.**