



**Masich**  
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# Taiji Sea-to-Sky Health & Wellness Program in China

with Master Sam Masich  
April 20-May 4, 2018

Join one of today's most progressive *Taijiquan* traditionalists, in a fusion of Chinese internal arts wellness traditions with contemporary health science.



This extraordinary **two-week health and wellness program** is designed for participants who wish to deepen their *Taijiquan* practice while making positive strides in their personal health. We start our wellness journey in the resort city Rizhao (日照) in Shandong province at the **Canada Wellness Institute (CWI)**.



The Sea-to-Sky program will begin the afternoon of April 20, 2018 with a personal-health evaluation in the ultra-modern, 80,000 square feet, **seaside facility**, itself designed upon the Wellness Institute at Seven Oaks General Hospital in Winnipeg, Canada.

We will begin our *taiji-neigong*-meditation practice by the seaside in the **Chen Zhonghua Taijiquan Studio**.



From Rizhao, we will travel to nearby Daqingshan Taiji Resort to intensify our training. We will commence early in the morning and continue into the evening with rests and meal breaks of delicious Chinese cuisine made from locally-farmed food products.

**Taiji Sea-to-Sky** coincides with the **2018 Daqingshan Taiji Forms & Push Hands Competition** (April 28-30), a premiere *taijiquan* event known around the world. Participants in Taiji Sea-to-Sky can opt to observe or participate in forms as well as fixed-step and moving-step push-hands events.

Training will continue at Daqingshan after the tournament for a few days followed by a return to CWI in Rizhao for a follow-up comparative health evaluation. An optional three-day *Taiji* sightseeing tour with Sam and Yanira Masich will take place afterward from May 5-7.



### The Program

The Taiji Sea-to-Sky program is based on *Taijiquan* practices drawn from **The 5 Section Taijiquan Program**, traditional **Yang-style Taijiquan**, still and active **meditation**, as well as *Yijing*-based **Chinese philosophy**. Participants should be prepared for rigorous physical activity during the training.



### About Sam Masich

Recognized as one of the '100 Extraordinary Chinese Martial Arts Practitioners' in the world today by the International Wushu Sanshoudao Association, Sam Masich is a certified eighth degree master. He is the creator of the The 5 Section Taijiquan Program and The Masich Internal Arts Method.

### Taiji Sea-to-Sky Finances

The cost for Taiji Sea-to-Sky is €2500. This covers instruction, accommodations, meals, and travel through the duration of the program. (Does not cover transport to and from Rizhao or after-program sightseeing costs.) You can reserve your place in this course with a €750 deposit not later than March 15, 2018.

**Contact** Yanira and Sam Masich for registration details and info at: [masich.internal.arts@gmail.com](mailto:masich.internal.arts@gmail.com)



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