



My Favourite Things

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TAI CHI HOLIDAY IN THE CATALAN COUNTRYSIDE: 7 – 12 August 2010

*Organized by My Favourite Things – www.myft.net- and Gert Clerckx-
Minimum of 10, maximum of 12 participants.*



➤ The Venue

You will be staying in Can Rocosa, a beautiful converted *masia* (traditional Catalan farmhouse) set in the wooded hills of the Montnegre Natural Park, 15 km from the Mediterranean Sea, 50 from Barcelona, 40 km of Girona.

Can Rocosa provides five bedrooms, most sleeping two, some three, each with its own bathroom. It also has a large living room and dining room, as well as a huge garden and terrace.

In addition to offering accommodation, Can Rocosa also has its own organ kitchen garden, vineyard and orchards.

For more details, check out <http://www.canrocosa.com>

If you want to stay longer in the area or in Barcelona, we can help you, so please let us know asap. For more places to stay, go to www.myft.net.



⇒ **The Programme**

Optional: For the early risers, every morning at dawn there will be an additional 1h 15m session as well which, if preferred, can alternatively be held in the late afternoon-

8.30-9.30 a.m. Breakfast in the garden

10.00-12.30 p.m. Tai chi session

1 to 2 p.m.: Lunch

After lunch: Free time

7.00 p.m. Dinner

Please note: This programme will be applicable for every day except the first day. On 7 August, a welcome dinner will be served at 7.30 p.m. The next day we start the programme as mentioned. One evening you will be free to dine out. We finish with brunch on 12 August.

Please make sure that you are at Can Rocosa by 6 pm on 7 August.

⇒ **The Classes**

About tai chi: Progressively the art of the relaxation is taught. By practising tai chi stress will be released, the mind will be relaxed and the body energised.

Tai chi is the art of movement based on the principles of yin and yang. Originally a martial art from the Orient, tai chi has been developed as an easy, non-strenuous system for training mind and body. Today, people all over the world have discovered the benefits of Tai Chi.

The slow and fluent movements of tai chi set relaxes muscles and joints and improves the alignment of the body. Because tai chi promotes better blood circulation and a more efficient metabolism, regular practice boosts endurance and strengthens vital organs such as the heart and lungs.

Besides an all-round conditioner for the body, tai chi awakens a greater mental power. The structured movements will lead to a relaxed yet concentrated mind that will help you to handle the stresses of everyday life.

The classes will be given by Belgian teacher Gert Clerckx. At the beginning of the 1990s he came into contact with tai chi. This Oriental “art of movement” greatly assisted with his rehabilitation and recovery, teaching him to move fluently again. What started as a form physical therapy, tai chi became the focus of his life, one that he wished to pass on to others. His motto: “Dance your life”-

For more information on Gert, go to www.taichirelaxation.be.



⇒ **Food**

After a day of health exercise, do not fear: we will pamper both body and soul with healthy and tasty food inspired by different cultures prepared from fresh, often organic ingredients. Of course, you will also have the chance to try some of the local produce. For the foodies amongst you, you are always welcome to come and help & learn in the kitchen!

⇒ **Optional activities in the afternoon**

If you want to take it easy and relax, you can do so in the garden and enjoy the views. If you are more of an active type, there are plenty of activities around: fantastic cycling routes, walking in Montnegre Natural Park, going to the beach (15 km away), visiting local villages, exploring Barcelona or Girona, etc. We will provide you with all the info you need.

⇒ **Price**

545 euros, including classes, food, drinks, accommodation and organisation.

Not included: transport (see below) +1 dinner

We do NOT arrange transport, but can put you into contact with other participants to share a car in Spain or from Belgium. The house is about 2 km from the village of Sant Iscle de Vallalta, from where there is a bus to Arenys de Mar. If you want to go to Girona or Barcelona, in Arenys de Mar you can take the train. If you don't have your own car or do not want to rent a car, private transport (local cab) can be arranged. If wanted, pick-up from the airport can be arranged as well.

- ⇒ From Belgium: the cheapest way to fly is with Vueling (Brussels – Barcelona)- www.vueling.com.
Other options are Brussels Airlines (Brussels-Barcelona) and RyanAir (Charleroi- Girona:).
- ⇒ Rental car: As there will be a maximum of 12 participants, one option is to rent 2 or 3 cars from the airport and share them. Obviously, coming with your own car –and sharing the trip (and its costs) with other participants- is another option.

⇒ **Conditions**

Registrations will be open until 15 May. If by that time we have not reached our minimum number of participants, the holiday will be cancelled. If there are only 1 or 2 people too few, charging a supplement is an option, so we can still make it happen. If we really don't have enough people and you have booked your flight we can help you out to find a place to stay.



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To register, please make a transfer of 285 euros to the following account asap. The balance must be paid by the end of June. If the course cannot go ahead, we will of course return your deposit.

Bank: Caixa Catalunya

Branch: 0623- Barcelona- Carrer Muntaner-Diputacio

Account name: Katrien Claus

Account number: 2013 0623 11 0200739901

IBAN: ES45 2013 0623 1102 0073 9901

BIC: CESCESBBXXX

If you have any questions, please don't hesitate to contact us at info@myft.net or on (34) 637 265 405. We will be pleased to answer them.

With a maximum of 12 participants, places are strictly limited, so don't forget: book early!