

Herbst Session in Deutschland mit Maestro Dr. Wang Zhi Xiang und „Shui Xing Taiji Quan“

**Neuhofstraße 5, 64625 Bensheim (Hessen)  
Von Freitag 6. bis Samstag 28. Oktober 2023**

Maestro Wang Zhi Xiang erwartet Sie bei diesem ersten großen Treffen in Deutschland mit einem ganz besonderen Programm:

- Samstag, 7. Oktober: 10-13 Uhr: **Basisübungen Neigong (Jiben Gong)**
- Samstag, 7. Oktober: 15-18 Uhr: **Chan Meditation om ma ni pad me hum**
- Sonntag, 8. Oktober: 10-13 Uhr: **Basisübungen Tui Shou (Jiben Gong)**
- Sonntag, 8. Oktober: 15-18 Uhr: **Meditation an na pan na**
- Donnerstag 12. Oktober: 19-21 Uhr: **Qi Gong: Abklopf Übungen Arme, Beine**
- Donnerstag 19. Oktober: 19-21 Uhr: **med. Qi Gong: 14 Meridiane Bewegungen**
- Samstag, 21. Oktober: 10-13 Uhr: **Basisübungen Form (Jiben Gong)**
- Samstag, 21. Oktober: 15-18 Uhr: **Shui Xing Taiji, Quan Jia, Form-2 Teil-1**
- Sonntag, 22. Oktober: 10-13 Uhr: **Basisübungen San Shou (Jiben Gong)**
- Sonntag, 22. Oktober: 15-18 Uhr: **Tui Shou und San Shou Anwendungen**
- Donnerstag 26. Oktober: 19-21 Uhr: **Chan Meditation om ma ni pad me hum**
- und diverse privat Stunden
- und **Übungen mit den Wochen Klassen von Udo & Susanne**

Für Informationen und Anmeldung:

Udo Bips +49 177 3922 684 [udo@vfl-taiji.de](mailto:udo@vfl-taiji.de)

Susanne Ritz +49 172 6330 765 [susanne@taiji-am-neuhof.com](mailto:susanne@taiji-am-neuhof.com)

Autumn session in Germany with Maestro Dr. Wang Zhi Xiang and Shui Xing Taiji Quan

**Neuhofstrasse 5, 64625 Bensheim (Hessen)**  
**From Friday 6th to Saturday 28th October 2023**

Maestro Wang Zhi Xiang awaits you with a very special program at this first major meeting in Germany:

- Saturday, 7 Oct: 10a.m./1p.m.: **Basic exercises Neigong (Jiben Gong)**
- Saturday, 7 Oct: 3p.m./6p.m.: **Chan Meditation om ma ni pad me hum**
- Sunday, 8 Oct: 10a.m./1p.m.: **Basic exercises Tui Shou (Jiben Gong)**
- Sunday, 8 Oct: 3p.m./6p.m.: **Meditation an na pan na**
- Thursday, 12 Oct: 7p.m./9p.m.: **Qi Gong: tapping exercises arms, legs**
- Thursday, 19 Oct: 7p.m./9p.m.: **med. Qi Gong: 14 meridian movements**
- Saturday, 21 Oct: 10a.m./1p.m.: **Basic exercises form (jiben gong)**
- Saturday, 21 Oct: 3p.m./6p.m.: **Shui Xing Taiji, Quan Jia, Form-2 Part-1**
- Sunday, 22 Oct: 9a.m./10a.m.: **Basic exercises San Shou (Jiben Gong)**
- Sunday, 22 Oct: 3p.m./6p.m.: **Tui Shou and San Shou treatments**
- Thursday, 26 Oct: 7p.m./9p.m.: **Chan Meditation om ma ni pad me hum**
- and various private lessons
- and exercises with the weekly classes from Udo & Susanne

For information and registration:

Udo Bips +49 177 3922 684  
Susanne Ritz +49 172 6330 765

[udo@vfl-taiji.de](mailto:udo@vfl-taiji.de)

[susanne@taiji-am-neuhof.com](mailto:susanne@taiji-am-neuhof.com)

Sessione autunnale in Germania con il Maestro Dr. Wang Zhi Xiang e Shui Xing Taiji Quan

**Neuhofstrasse 5, 64625 Bensheim (Hessen)**

**Da venerdì 6 a sabato 28 ottobre 2023**

Il Maestro Wang Zhi Xiang vi aspetta con un programma molto speciale in questo primo grande incontro in Germania:

- Sabato 7 ottobre: 10:00/13:00: Esercizi di base Neigong (Jiben Gong)
- Sabato 7 ottobre: 15:00/18:00: Meditazione Chan om mani pad me hum
- Domenica 8 ottobre: 9.00/10.00: Esercizi di base Tui Shou (Jiben Gong)
- Domenica 8 ottobre: 15:00/18:00: Meditazione an na pan na
- Giovedì 12 ottobre: 19.00/21.00: Qi Gong: esercizi di tapping braccia, gambe
- giovedì 12 ottobre: 19:00/21:00: med. Qi Gong: 14 movimenti dei meridiani
- Sabato 21 ottobre: 10:00/13:00: modulo di esercizi di base (jiben gong)
- Sabato 21 ottobre: 15:00/18:00: Shui Xing Taiji, Quan Jia, Forma 2 Parte 1
- Domenica 22 ottobre: 9.00/10.00: Esercizi di base San Shou (Jiben Gong)
- Domenica 22 ottobre: 15:00/18:00: trattamenti Tui Shou e San Shou
- Giovedì 26 ottobre: 19.00/21.00: Meditazione Chan om mani pad me hum
- e varie lezioni ed esercizi privati
- e le lezioni settimanali di Udo & Susanne

Per informazioni e iscrizioni:

Udo Bips +49 177 3922 684

[udo@vfl-taiji.de](mailto:udo@vfl-taiji.de)

Susanne Ritz +49 172 6330 765

[susanne@taiji-am-neuhof.com](mailto:susanne@taiji-am-neuhof.com)