



Magic Tortoise Taiji in Mexico!



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*Breathing, Balance, Buoyancy,
and Biodiversity*

February 11-18, 2007



Join
Kathleen Cusick and Dr. Jay Dunbar
on a tropical adventure in the remote Sian
Ka'an biosphere reserve, 60 kilometers
south of Tulum, Mexico. We will spend a
week at a rustic Artists Retreat (solar
power, rain collectors...) on an island
beach in the Yucatan at one of only two
places where the Palancar reef comes
all the way to the shore
(great swimming and snorkeling!)

- Fly to Cancun, where we will be picked up around 12:30 pm on the 11th by retreat staff for the drive south along the “Riviera Maya”

- stop in Tulum to wander through the ruins (optional), and arrive for supper at Sian Ka'an Artistas

- enjoy 5 days combining instruction and free time in tropical amounts, with Wednesday completely free:

- ◊ practice Daoist meditation, and divination with the Book of Changes, the “little sage in the yellow robe”

- ◊ enjoy traditional qigong: exercises from the 18 Luohan and Five Animal Frolics on the beach

- ◊ explore perspectives on personal transformation offered by three styles of Taijiquan: Chen, Yang, and Wu(Hao), with insights from the teachings of Master Jou, Tsung Hwa

- ◊ relax deeply into physical connection with landscape and archaic time through Feldenkrais Method® “Awareness through Movement” lessons

A Sample Day:

7:00-8:00 am: qigong on the beach

8:00-9:00 am: breakfast

9:15-10:30 am: morning session I

10:45-12 noon: morning session II

12:00-1:00 pm: lunch

1:00-5:30 pm: free time

5:30-6:30 pm: Feldenkrais® ATM

6:30-7:30 pm: dinner

7:30-8:00 pm: daily review

Free afternoons and one day completely free allow plenty of time to take advantage of the rich variety of recreational and educational options, including:

swimming, sun bathing, fishing, snorkeling along the reef, a boat excursion to a roseate spoonbill rookery in the bay, walks in the biosphere reserve or the tiny lobster fishing village of Punta Allen

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THIS PROGRAM IS LIMITED TO 10 PARTICIPANTS,
guaranteeing a small-group, “family” feel and personalized learning.

\$1,199 tuition includes:

- All instruction (Taiji, Qigong, I Ching, Feldenkrais® Awareness through Movement lessons)

- 7 nights lodging [double occupancy: if you are attending alone we will pair you with participant(s) of the same gender]

- 3 meals a day provided on site by the retreat house staff [dietary needs can be accommodated]

- transportation from the Cancun airport to the retreat center and back

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To reserve your place, send a \$200 deposit to:

Magic Tortoise Taijiquan  
c/o Dr. Jay Dunbar  
15 Timberlyne Road  
Chapel Hill NC 27514

Deposits must be received before Dec 11, and are refundable till that date (less \$25). Full fees\* are due by Jan. 11, only half of which can be refunded if you must cancel after that date.

\* NOTE: we are able to offer installment plans to a limited number of people, and if space allows, we will accept non-participating spouses/partners at a reduced rate.