



GO Clubs Matfyz and TAOGO in cooperation with Slovak association of GO

Welcome you and yours friends and families on

INTERNATIONAL SUMMER RETREAT OF GO AND TAICI IN TATRAS SLOVAKIA 2011

For the summer we have prepared 8 days retreat with goal to increase energy of body and mind. Retreat in mountains West Tatras involves 25 hours of methodical teaching of GO theory, with aim to improve oneself in fundamentals, in good form and shapes, also in strategies and fighting techniques, what everything offer the beautiful Art of GO. The practical part will be held by participating in two tournaments. The third supporting part of retreat will be focusing on health and energy. With the system of Tao yoga will be intention to detoxify and strengthen the physical body, harmonize the emotions and increase the energy of everyone's who will come. The goal of the exercises in volume of 25 hours will be to learn the simple form of 13 movements of Taichichikung, and application of common principles of Tai chi and Wei chi.

Relaxing and meditative exercises of Tao yoga harmonize and regenerate the mind very quickly.

Integrating of Tai chi physical exercises and psychical training of mind by GO has blessing influence on development of global consciousness of ones.

Retreat of GO and Tai chi is for everyone without requirements.

Teachers, instructors and guarantee of retreat:

Julius Masarovic, organiser of retreat and instructor of Tao yoga

Csaba Mero 6. Dan, teacher of First English speaking group

Pavol Lisý 5.Dan, teacher of Second group in Slovak language

Ivo Svec , arbiter and GO guarantee of tournaments

Maria Hosnedlova, assistant organiser and instructor of Tao yoga

Guarantee of retreat: Slovak association of GO, Tao yoga Slovakia

www.sago.sk www.taojoga.sk

Time schedule of retreat:

- Saturday from 12 00 arriving a accommodation, acclimatization and free time
- Sunday:
- 06 30 - 15 30 whole day detoxify trip to mountains to cottage and hill Plačlivô
- 16 00 – 16 30 Registration
- 16 30-19 00 Afternoon methodical teaching of GO – topics due to groups
- From Monday till Thursday:
- 06 30 - 08 00 Morning hitting detoxification and Tai chi in fresh outdoor area
- 08 00 - 09 00 Breakfast
- 09 30 - 12 00 Morning methodical teaching of GO – topics due to groups
- 12 00 – 14 00 Lunch -local walking around or playing GO – Weiči
- 14 00 - 16 00 Afternoon exercises of Tai chi and basics of form
- 16 30 – 19 00 Afternoon methodical teaching of GO – how to win a good game
- 19 00 - 20 00 Dinner
- 21 00 - 21 30 Healing sounds a harmonizing of emotions
- 22 00 – 06 00 Sleeping time
- Friday:
- 06 30 - 13 00 Half day trip to mountains cottage na Červenci
- 14 00 - 15 30 Afternoon exercises of Tai chi and basics of form
- 16 00 – 18 30 Afternoon methodical teaching of GO – topics due to groups
- 19 00 - Opening of 5 round Summer tournament
- Saturday and Sundays: Summer tournament (see propositions)
- 06 30 - 08 00 Morning hitting detoxification and Tai chi in fresh outdoor area
- 14 00 - 16 00 Afternoon exercises of Tai chi and basics of form (only Saturday)

Additional program also for friends and families:

- During retreat will be in progress **Ivo´s Summer marathon tournament in GO**
- During retreat will be in progress **Simultaneous game in GO** with Csaba Mero
- Local visiting traditional cottages - salaš
- Friday Evening late night sesion at fire in koliba - Chata Kožiar
- Sunday and Friday will be realized mountains trips to Chata Žiar and Chata on Červenec. The more courage ones walk up to hill Plačlivô 2125m or mountains saddles Žiarske or Smutné with beautiful view out on the hills of West Tatras
- In the case of heat, in lunchtime is possible to “be cool” in lake Liptovská Mara or in Wellness thermal pool in Liptovský Ján, or Demänovská ice cave
- **For accompany friends and family is possible to attend the complete Tao yoga exercises and Tai chi course (Course price 50,- Eur and the same reductions see father)**

Date: 20. – 28th august 2011 from Saturday till Sunday

Arriving and accommodation in Saturday from 12 00 till 22 00

Departure in Sunday afternoon

Place: Hotel Spojar – Heart of beautiful West Tatras www.spojar.sk
(10km from Liptovský Mikulaš direction to Žiarska valley, 300m behind village Žiar)

Accommodation: night per person 15,-Eur two beds room. For family, students is possible to accommodate in cottages with 5 beds cheaper price (45,- Eur per night whole cottage).(+50 cents local payment)

Boarding: on the place ala cart, or full pension, recommended half pension 7,- Eur start with dinner, possible to book detox drinking regime with raw juices of vegetable and fruits 3,-Eur/2x2dcl per day. Accommodation and boarding will pay every person on the Reception.

ISRGO 2011 – Summer retreat of GO and Tai chi price 70,- EUR

Participant registered up to date 20th Jun has reduction 15,- EUR

Participant registered up to date 20th July has reduction 7,- EUR

Participant registered after date: no reduction

Registration: by mail, taojoga@taojoga.sk or via telephone, or personally.

At the same time is necessary latest till 20th Jun:

Personally to pay, or via banking transfer non-refundable registration deposit 30,- EUR.

The rest is paid at registration on place Sunday at 16 00 in cash.

Name of bank account:

Mgr, Július Masarovič - LIEČIVÁ TAO ALCHÝMIA

Address Vilová 9, 851 01 Bratislava

Number of account: 262 581 8442 Code of bank 1100 – Tatrabanka

For international banking transfer payment:

IBAN SK43 1100 0000 0026 2581 8442 BIC (SWIFT) TATRSKBX

In remark put the whole name of participant and ISRGO

Propositions of Summer tournament in GO Tournament is put in Grand Prix Slovakia

Program:	26.8.2011 Friday	15:30 - 16:30	Registration
		19:00	Opening and 1st Round
	27.8.2011 Saturday	10:00	2 Round
		13:30	3 Round
		16:30	4 Round
	28.8.2011 Sunday	10:00	5 Round
		14:30	Result and Final

System: Swiss system, redacted handicap RH-2,
Time: 75 min per player + 30 second Japanese byo-yomi,
Japanese rules, komi 6,5

Fee:	Adult	7,- €
	Seniors, juniors and students	5,- €
	20 kju	1,- €

Prices: 1.cena – 70 EUR, 2.cena 40 EUR, 3.cena 25 EUR, 4, 5, 6, 7 place additional prices.

Registrations: on e-mail: taojoga@taojoga.sk (Julius Masarovic)
Phone: 00421 905 253 978
Skype: Julius.Slovakia