

## Retreat with Tamara Martynova (Ukraine)

### **WHO:** Tamara Ivanovna Martynova

Tamara is an excellent lecturer from Kiev. He is a very precise teacher who was very close to prof. Xu Mingtang since the time he began teaching outside of China. She has attended numerous seminars and retreats, including those in Shaolin, many of which she also translated. For her high level of expertise and experience, she has become an author or co-author of virtually all the ZY Qigong books. For her knowledge and rich experience, the Master also entrusted her with the teaching and testing of new instructors I-III. level. The first instructor course in the Czech Republic will follow the retreat, the information will be available on the web. The retreat will be translated from Russian into Czech. If necessary, will be provided translation into other languages.

**WHEN:** 30. 3. - 4. 4. 2019 (6 days, Sat - Tue, beginning of the class on Saturday 30.3. at 9:00 am, end of Thursday 4.4. at 12:30 pm. Registration of participants on Friday at 6:30 pm and Saturday from 8:00 am).

**Time schedule** (the program may change slightly during retreat):

Individual practice

7:30 - 9:00 Breakfast (1,5 hours)

**9:00 - 12:30 teaching, practice (3,5 hours)**

12:30 - 15:00 lunch (2,5 hours)

**15:00 - 18:00 teaching, practice (3 hours)**

18:00 - 19:30 Dinner (1,5 hours)

**19:30 - 21:00 teaching, practice (1,5 hours)**

Individual practice

**(8 hours of practice per day, a total of 43.5 hours during retreat).**

**KDE:** Hotel Luna, Kouty 77, Ledec nad Sázavou, [www.hotelluna.cz](http://www.hotelluna.cz).

**Accommodation:** Conference Hotel Luna, Kouty 77, 584 01 Ledec nad Sázavou, [www.hotelluna.cz](http://www.hotelluna.cz). The price of accommodation is CZK 639 (two and more persons in the room) and CZK 998 (the only occupied bed in the room). Accommodation rates include a rich buffet breakfast, a one-time access to the hotel pool, parking and a wifi.

**Dining:** Price for lunch (soup and main dish) from approx. CZK 180 (7 eur), dinner (main meal only) price approx. CZK 145 (5,60 eur). Both vegetarian and non-vegetarian variants can be selected.

**Wellness:** The hotel, its very large area and wider surroundings offer many opportunities for day and night entertainment. The wellness center with indoor pool offers a whirlpool, three types of saunas and massages. Outside there are multifunctional courts with evening lighting, a nine-hole discgolf playground around the hotel, a pond, a grassy playground, two fireplaces.

**Accommodation, meals and drinks are paid by each participant himself at the end of the stay.**

**PRICE:** 6000 CZK / 230 EUR (practice with Tamara Martynova).

**REGISTRATION:** You can fill in and send a form at [zyq-cr.cz](http://zyq-cr.cz) (<https://www.zyq-cr.cz/news/retreat-s-tamarou-i-martynovou-kouty/>).