

HOW TO FIND US?

The School is located **BETWEEN PLYMOUTH AND EXETER IN DEVON**. If coming by train, Newton Abbot is the nearest station. Take a taxi to the school. If coming by plane, either Bristol, Exeter or Plymouth airports are the closest. **IF YOU ARE DRIVING AND COMING FROM EXETER** on A38 towards Plymouth and see 26 miles signpost (photo A), turn left into Woodland/Denbury (photo B). Go down the lane 1 minute, pass Parkers Farm Holiday Park (photo C) and uphill for 1 minute, you see Combe (photo D), turn right and go down the lane, you see the Rainbow Tai-Chi School (Photo E). Park your car on the left.



photo A



photo B



photo C



photo D



photo E

IF YOU ARE COMING FROM PLYMOUTH go towards Exeter on A38, pass Ashburton signposts (photo F) and turn at sign for Newton Abbot (photo G) and go over the Flyover and come back around to A38 by taking the turn (photos H and I) for Woodland/Denbury and then follow directions as above (photos A - E).



photo F



photo G



photo H



photo I

THE TEAM

Master Choy has been practising these ancient arts for more than 40 years and has taught more than 70,000 students. He was Director of a Holistic Health Centre in Stratford upon Avon. His books have reached more than 200,000 readers and practitioners. He studied Tai-Chi Chi Kung with Grandmaster Huang Sheng Shyang of Malaysia. Master Choy also learned the application of Tai-Chi Chi Kung with his father, Chin Ket Leong, who was a Chinese Herbal Doctor and Martial Arts Master. He combined his Tai-Chi with other Taoist Exercises into the Rainbow Tai-Chi Chi Kung Practice and Philosophy. He is also indebted to his contemporaries: Jiddu Krishnarmurti, U.G Krishnarmurti, Eileen and Peter Caddy of Findhorn Foundation, Barry and Samahria Lyte Kaufman of The Option Institute (U.S.A), Mantak Chia (Thailand). He studied Chi Healing and Swimming Dragon Chi Kung at The Chi Healing Arts Centre (U.S.A) directed by Dr. T K Shih and Zhineng Chi Kung at the Zhineng Chi Kung Centre in China by Dr Pang Li. He is also a qualified instructor of Aichi. He is the **Founder/Director of the Foundation Tai-Chi (LBI1), Tai Chi Form (LBI2) and Trilogue / Tao of Love & Sex (LBI 3)**. Choy is also a qualified Raw and Living Food Chef, Consultant and Instructor.

Christine Chin, Personal Assistant and wife of Choy, has been practising Rainbow Tai-Chi for 15 years. She is a qualified masseuse of Swedish Massage and Indian Head Massage. She trained with Kundan and Narendra Mehta of London Centre of Indian Champissage. She makes her own herbal products using fresh herbs from the School Gardens and is a qualified Raw and Living Food Chef, Consultant and Instructor. She is in charge of the food, massage and assisting Choy in the Summer School, 'Chi Healing /LBI and Fusion of 5 Elements Intensives'.

IMPORTANT NOTE for all visitors and students. Although we will do our utmost to help you gain better health, you are coming to the School as a student and you are responsible for your own safety and well being. You will also need to give your word of honour that although you may share what you learn at the workshop with friends and relatives freely, you cannot teach professionally until you qualify in the FTT/LBI and other Advanced Courses at the Rainbow Tai-Chi School.



CHI SELF HEALING CENTRE

The Rainbow Tai-Chi Chi Kung School, Woodland,
Ashburton, DEVON TQ13 7JY 01364 653 618
Peterchin2@btinternet.com www.rainbow-taichi.org.uk



PERSONAL RETREATS

RELAX-REJUVENATE-REFRESH

I felt cradled by the pine branches and relaxed into this cocoon of branches touching my body softly. I loved the fragrance of pine essence and breathed it deeply into me. I connected with all the trees and relaxed listening to my heartbeat and pauses. Yvonne Smyth

Heart beat listening, looking for the pauses between breath are helping me to slow down, relax, come back to me. THANK YOU FOR HELPING ME SEE IT IS OK TO FEEL AND NOT TO SUPPRESS. I have a hunger to learn and never realised I was looking for a teacher to help me help myself. I feel humbled because I have so much to learn and unlearn. The security and support I am coming to feel here is also helping me to open and flower. **Aisling King**

I was in the Ensuite bedroom (Tai-Chi School Accommodations). It was clean and comfortable and the flowers were a beautiful gift. The food felt as if it was cooked with love and was delicious. Thank you Christine! Thank you Master Choy! Jenness W

TENSION IS WHAT YOU THINK YOU
SHOULD BE. RELAXATION IS WHO YOU ARE

CHINESE PROVERB

CHI SELF HEALING CENTRE OFFERS A FULL
ARRAY OF NATURAL HEALTHY OPTIONS TO
RELAX, REJUVENATE AND REFRESH YOUR
HEART BODY MIND AND SPIRIT



The Centre is nestled in a 5 acre property in the heart of Devon. You will find a beautiful little forest in the valley surrounded by 4 gold fish ponds, organic orchard, vegetable garden, Main Guest House, Geodesic Dome, Hall and bamboo huts. This place was used as a Beacon of Light in the olden days.

THE BENEFITS OF YOUR PERSONAL RETREAT

- Rediscover who you are. You are a loving, creative and radiant being!
- Be Nourished by Holistic healing foods and raw food from our 5 acre organic farm and gardens
- Find Peace and Tranquillity. Stay in the soothing surroundings of our comfortable mobile home, surrounded by beautiful nature.
- Relax in a chi energised environment. Option of staying in our Geodesic Dome, bamboo hut with no tv, no radio, no telephone, quiet, just you and birds songs waking you in the morning sunrise

EXAMPLE OF YOUR ITINERARY

FRIDAY

Arrive Friday afternoon 2pm
Herbal Health Consultation 1-1 4.30pm
CHI HEALING SESSIONS
Supper at 5.30pm
Weekly Class 6.30pm.
Rest 10pm

SATURDAY

Saturday - Sunrise practice at 7.30am
Breakfast Fresh Healthy Juice of Smoothie 8.30am
Breakfast Chi Energising Clean Up
9.30-10.30am Rest
10.30-11.30am 1-1 Session with Master Choy in Qigong and Chi Self Healing Relaxation
11.30-12.30pm Lunch preparation. Learn with Christine Chin (Raw Food Chef)
Afternoon— Feel free to rest, be in Nature in our private nature reserve, wooded valley with stream and pond and gold fishes
5.30-7pm Supper prepared by Christine
7.30-9.30pm Chi healing or Herbal Bath
10pm Sleep in peace

SUNDAY

7.30-8.30am Sunrise practice
8.30-9am Healthy Breakfast
10-11am 1-1 Session with Master Choy in Qigong and Chi Self Healing Exercises
11-12.30pm Free time
12.30-2.30pm Healthy Lunch prepared by Christine
3pm Home

Cost of Weekend £595 (Full amount payable at time of booking, non-refundable, except for medical reasons when you can reschedule your retreat). Doctor's certificate or letter required). Discounts for couples or small groups of less than 5 are available. Make cheque payable to Chi Self Healing Centre, Creek Farm, Pitley Hill, Woodland, Ashburton, NEWTON ABBOT, Devon, TQ13 7JY, UK

For confirmation of the date of your visit and discussion about your itinerary, please contact Christine Chin on 01364 653 618

