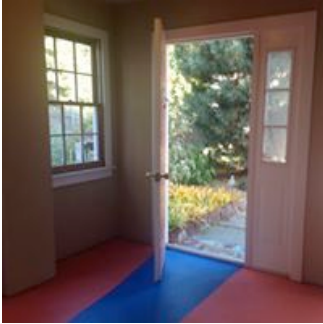


# TAO YIN and DREAM PRACTICE RETREAT

At The Studio at 143 Main St Farmington CT 06032

<https://www.facebook.com/lavendier/>



DATES: July 28-30, 2017

Registration on July 28 is from 8-8:30pm

Tuition: \$ 400.-

## HOUSING:

Option A: House 8 people 2 night \$120 (single option \$240) each person

<https://www.airbnb.com/rooms/6955826>

Option B : Studio 3 people 2 nights \$75 each

<https://www.airbnb.com/rooms/15107473>

## SCHEDULE:

July 28

Arrive, get yourself settled come and register

Evening Session 8:30 pm

July 29

Morning QiGong 8:00 am with Marie Lavendier

Morning session 9-12:30 Tao Yin

Lunch break 12-2pm

Afternoon session 2-5:30 pm Tao Yin

July 30

Morning QiGong 8:00am with Marie Lavendier

Morning session 9-12:30 Tao Yin

Lunch break 12-2pm

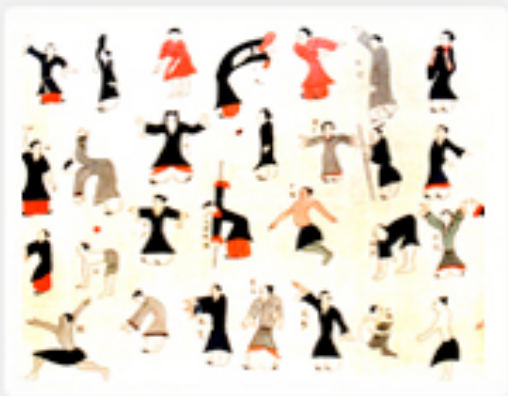
Afternoon session: 2-5:30 pm

Farewell until next time!

Directions [143 Main St Farmington CT 06032](#)

Peter Pan Bus from NYC <https://peterpanbus.com/tickets/>

If you have any questions e mail me [infohealingto@gmail.com](mailto:infohealingto@gmail.com)



## A. Tao Yin (Taoist Yoga)

Tao-Yin exercises help your internal life force, or Chi, to circulate more freely, for the purpose of refreshing, attuning, adjusting and regenerating your personal energy. All the Tao-Yin movements are based on ancient spiritual development. Taoist Yoga floor postures stretch the difficult-to-reach psoas muscle, calm the mind, open energy channels, and relieve stress. An important aspect of Tao-Yin is that it has alternating phases of activity and relaxation. During the relaxation phase you will learn to feel and gently guide the Chi flow to specific areas of your body. You will learn to absorb the nutrition from the air and the surrounding energy so you can open each cell to the fresh vitality of the universal force.



## B Dream Practice

You may think that dream practice is just about sleeping and having vivid dreams but no. There is a lot of work to be done while awake to have space in your dreams for teachings.

We'll work with power naps, and tools to take home to start the process of travelling light.



## Karin Sörvik

Is a Taoist Minister and instructor with the [Healing Tao System](#). Her first career was in dance, theatre and music, earning her degree in acting from the Escuela Nacional de Arte Dramatico. Most of all she loved the magic/spiritual space that's created during a performance. To further her search she began to look into Eastern methods. She studied Tai chi and I Chuan with Master Tung Kuo Tzao in Argentina and became a Taoist Minister with D.A.R.I. She also won several Tai Chi Chuan competitions in South America. She moved to the US in 2001 to serve the Taoist community and to further her practice. She studied with several Taoist Masters: Ron Diana, B.P. Chang, Dr. Stephen Chang and Mantak Chia.

Karin Sörvik is currently the Director of the Healing Tao Center, Tao Healing Arts.com. and founder of the non profit The Healing Tao Society, President of the HTIA and member of the Co9 of the Universal Healing Tao Foundation. She is a practitioner and counselor in Taoist Healing Practices. Practices include: Tao Yin (Taoist Yoga), Nutrition, Herbology, Meditation, Tai Chi, I Chuan, Chi Nei Tsang and Chi Kung Therapy. She has been teaching for the last 15 years in Europe, Latin America and the US.