

# Caribbean Taiji Seminar, Suriname

from Sat 11<sup>th</sup> to Sun 19<sup>th</sup> of April 2015

## Training:

	All welcome	
Sat - Sun	5 Loosenings, Short Form, Basic Pushing-hands, Meditation.	1500-2100
Mon - Tue	5 Loosenings, Short Form, Basic Pushing-hands, Meditation.	1700-2100
Wednesday	No training	
	Min. 7 yrs required or by invitation	
Thurs -Fri	Long Form, Pushing-hands, Meditation	1700-2100
Sat - Sun	Long Form, Pushing-hands, Quick Fist, Meditation	1500-2100

Seminar conducted by Holger Beer & Jef Crab

## Participation Fee :

Day 1-4 : € 150,-

Day 6-9 : € 150,-

All days : € 250,-

## For non-residents :

Normally a passport valid minimum 6 months and either visa or tourist card\* are required.

(\* Citizens from The Netherlands, France, Canada, USA, Belgium, Germany and UK can buy this upon arrival in Suriname)



Vaccination or malaria pills are **NOT** required **nor** needed!

Ticket costs approx. € 750,-. Book at : [www.slm.firm.sr](http://www.slm.firm.sr) or [www.klm.com](http://www.klm.com)

Lodging & food during seminar can be arranged by us at a fair price. (€ 300 if you stay with several persons in a holiday home) Please inform us in due course.

For those who want, directly after the seminar, guided trips to the interior can be arranged.

Please inform us if you would like to participate or just prolong your stay after the seminar.

**References :** Holger Beer, Gerhard Ackermann, André Exler

**For further information mailto :** [jef.crab@yahoo.com](mailto:jef.crab@yahoo.com)

<http://taijisuriname.wix.com/taijisuriname>

