

# Program

## 6° YMAA South American Summer Camp Feb18: Newendao Foundation

<b>Agenda</b>			<b>Place</b>
<b>February 17th-26th, 2018</b>			
<b>Sat</b>	<b>Feb 17th</b>	<b><i>Check In</i></b>	<b>Ruka Ngen Hostal, Curarrehue-Pucon *</b>
<b>Sun</b>	<b>Feb 18th</b>	<b><i>Newendao Day</i></b>	
Mon	Feb 19th	YMAA Chikung & Taichi Chuan Seminar	
Tue	Feb 20th	YMAA Chikung & Taichi Chuan Seminar	
Wed	Feb 21st	YMAA Chikung & Taichi Chuan Seminar	
<b>Thr</b>	<b>Feb 22nd</b>	<b><i>Sightseeing day / Advance Students Seminar</i></b>	
Fri	Feb 23rd	YMAA Chikung & Taichi Chuan Seminar	
Sat	Feb 24th	YMAA Chikung & Taichi Chuan Seminar	
Sun	Feb 25th	YMAA Chikung & Taichi Chuan Seminar	
<b>Mon</b>	<b>Feb 26th</b>	<b><i>Check Out</i></b>	
* Ruka Ngen Hostal is in Curarrehue, 30 minutes from Pucon downtown			

## **Special Activities**

**Sat Feb 17th Opening Dinner**

**Sun Feb 18th Newendao Day**

**8:00- 9:00hrs Breakfast**

**10:00-12:30hrs Activity with the local Community and Newendao Presentation**

**13:00-16:30hrs Lunch & Rest**

**16:30-19:30hrs Foundational Ceremony in Newendao Center**

**19:30-20:30hrs Dinner**

**Activities with local community: Newendao presentation, free lectures and practise for health; QIgong, Taiji Chuan and Kung Fu, with a demo for the assistants**

**Foundational Ceremony in Newendao Center: in the land where the center will be built, we'll have the first stone ceremony, a mapuche ceremony to ask permission to Nature to develop this project in that land and the presentation of the Master Plan and Center's Program**

**Thursday Feb 22nd Sightseeing day / Advance Students Seminar**

**8:00- 9:00hrs Breakfast**

**9:30-12:30hrs Advance Students Seminar: Chin Na**

**13:00-16:30hrs Lunch & Rest**

**16:30-19:30hrs Advance Students Seminar: Chin Na**

**19:30-20:30hrs Dinner**

**Sightseeing day: all assistants will have a flexible day, to rest, enjoy the wondrous of the area or take some sightseeing options (we'll organize some guide payed tours, so you can choose there)**

**Advance Students Seminar: we'll offer an advance students seminar, for those who prefer to practice that day. This will be a Chin'Na seminar, with no additional cost and will depend on the quorum.**

**Sun Feb 25th Closing Celebration**

**19:30-20:30hrs Closing Dinner**

**21:30-01:30hrs Talent Show & Party**

Schedule	<b>YMAA Chikung &amp; Taichi Chuan Seminar</b>	
	<b>Beginners</b>	<b>Intermedia &amp; Advance</b>
<b>6:30- 7:15</b>	Qigong Meditation (Chikung Meditation)	
<b>7:15- 8:00</b>	Morning Health Qigong Excersises	
<b>8:00- 9:20</b>	<b>Breakfast</b>	
<b>9:20- 10:00</b>	<i>Taichi Fundamentals (Body structure, stepping, Fa Jing)</i>	
<b>10:00-10:40</b>	<i>Taichi Ball</i>	<i>Taichi Ball</i>
<b>10:40-11:00</b>	<b>Break</b>	
<b>11:00-11:40</b>	<i>Learn the 1<sup>o</sup>tuan of Taichi form, YMAA Yang Style</i>	<i>Correct 2<sup>o</sup> tuan of the form, practise martial applications of 1<sup>o</sup>part and médium speed</i>
<b>11:40-12:20</b>		
<b>12:30-13:30</b>	Theory: Embrionic Breathing / Taichi Therory	
<b>13:30-16:30</b>	<b>Lunch &amp; Rest</b>	
<b>16:30-17:10</b>	<i>Learn the 1<sup>o</sup>part of Taichi form, YMAA Yang Style</i>	<i>Taichi Sword basics and form / Chin' Na</i>
<b>17:10-17:50</b>		
<b>17:50-18:10</b>	<b>Break</b>	
<b>18:10-18:50</b>	<i>Pushing Hands Fundamentals: 7 Arcs neutralizations</i>	
<b>18:50-19:30</b>	<i>Yin Yang Symbol / Centering</i>	<i>Stepping Peng-Lu-Ji-An, Lu Ji / Centering</i>
<b>20:00-21:00</b>	<b>Dinner</b>	
<b>21:00-22:00</b>	<b>Free time</b>	
* Beginners or general public, intermedia and advance students will have specialized instructors		

## Seminar Cost

<b>Seminar Valur</b> (en USD\$)	<b>YMAA South American Summer Camp Feb18 – Newendao Foundation: 8 days</b>
<b>USD\$600</b>	6 days of Seminario + Newendao Day (free)
*10% discount for signing in and pay before Oct 31th	

<b>How to arrive</b>	
<b>Airplane</b>	
Airplane: You fly to Santiago Chile first, then you take a flight to Temuco, many airlines do it (LATAM, SKY AIRLINES, JET SMART).	
From Temuco airport we will coordinate vans that can take you the seminar or take a taxi/transfer to Pucon	
From the airport and from Pucon we'll have some options of transfer to Hostal Ruka Ngen, On Feb 17 <sup>th</sup> , 2018. We'll coordinate close to the date	
Ruka Ngen Hostal	<a href="https://goo.gl/maps/hHVtPF7qUU82">https://goo.gl/maps/hHVtPF7qUU82</a>

## Lodging and Meals Cost

			Daily Value per person				All Inclusive Lodging & Meals	
Spaces	Place of Lodging	Lodging Description	Lodging		All day Meals*		Cost per person (9 nights)	
			(CLP\$ )	(USD\$**)	(CLP\$ )	(USD\$**)	(CLP\$ pesos)	(USD\$**)
18	Hostal Ruka Ngen	Hostal: bed in a <b>triple room</b> with shared toilet for 2 rooms	\$ 14.000	\$ 22	\$ 16.000	\$ 25	\$ 270.000	\$ 429
22		Hostal: bed in a <b>double room</b> with shared toilet for 2 rooms	\$ 21.000	\$ 33			\$ 333.000	\$ 529
8	Lodge *** Kila Tai Tai	Lodge: bed in a <b>Premium Apartment</b> for 5 people, 2 share toilets	\$ 39.000	\$ 62			\$ 495.000	\$ 786
4		Lodge: bed in <b>Double Deluxe Suite</b> with private toilet	\$ 49.000	\$ 78			\$ 585.000	\$ 929
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\* All day meals: breakfast, lunch, dinner and coffee breaks, served in Ruka Ngen Hostel for all assistants to the seminar

\*\* As a reference USD\$1 approx to \$CLP 630, the **final Price to pay for lodging and meals is in Chilean pesos (CLP)**

\*\*\* For those who stay in Lodge Kila Tai Tai, we'll coordinate a transportation to cover the 3 miles to Ruka Ngen Hostel, with an additional cost to cover (shouldn't be expensive, because will be for the group),

**NOTE: there is little space and is getting full very fast. Please hurry up!**

**The payment of the reserve is the only guaranty of the reservation**