



**MASTER LIU DEMING**

*Aeolian Islands*

**QI GONG  
WORKSHOP  
IN SALINA**

*The five healing palms*

**July 2019, 1st to 8**



Info&Bookings: [leshommesdebout@yahoo.fr](mailto:leshommesdebout@yahoo.fr)  
(33) 06.63.30.82.85.website: [leshommesdebout.fr](http://leshommesdebout.fr)





Rising out of the cobalt-blue seas off Sicily's northeastern coast, the Unesco-protected Aeolian Islands are a little piece of paradise, a magical outdoor playground offering thrills and spills at every turn. With its traditional houses nestled in green gardens with figs and bougainvilleas, its steep cliffs and turquoise blue waters, Salina is one of the few European islands where the wild nature is still protected, and with a distinct sense that the rest of the world is a long way away...



Master Liu Deming is the 5th generation inheritor of the Liu He Zi Ran Men lineage and the founder of Ziranmen Kungfu Academy.

By practicing Ziran Qi Gong and Taoist philosophy, we can develop inner peace, strength to help deal with day to day stress, heal mental and physical sickness, and find a greater space of consciousness and happiness.

This workshop, suitable to beginners and experienced qi gong practitioners, is an opportunity to train in a paradisiac environment that will surely support our search for serenity !

### ***THE FIVE HEALING PALMS FORM:***

In Daoist cosmology, it's believed that there are five fundamental energies or five elements whose movements hold the balance of the Universe.

According to this philosophy, the form of five elements healing palms use five simple movements to harmonize and balance our body's Five Organs Qi.

This practice increases the body resilience, calms the mind, relaxes the physical tensions, and greatly enhances health and vitality.



In Salina, we'll be lodged in a charming 3-star hotel, located at a few steps from the beach and next to our training hall. It offers double room with private bathroom, and half board accomodation.

## WORKSHOP SCHEDULE

### Monday, the 1rst of july:

Arrival in Palermo in the morning. Travel by boat to the Island of Salina where we'll arrive around 4:30 pm. Check-in at the hotel and free time for a first exploration of the area and maybe a first sea bathing. Dinner at the hotel.

### From tuesday, july 2nd to saturday, July 6th:

Training from 8:30 to 11:30 am and from 4:30 to 7:30 pm.

Free time beetween can be dedicated to swimming, diving, climbing the two volcans of the island, visiting the lovely port of Santa Marina or simply relaxing. You'll also have the opportunity of a sailing tour around the island, insterspersed with refreshing dives in clear blue water at various bays.

### Sunday, July 7th:

Training from 8:30 to 11:30 am. After a quick lunch, we'll take the boat back to the stunning Palermo, which we'll explore in the afternoon. Dinner in one of the charming lively squares of the city.

### Monday, July 8th:

Departure , unless you'd rather stay another couple of days to visit the beautiful Sicily !



**Rate per person: € 1020**

## **What's included :**

Hydrofoil Palermo -Salina- Palermo.  
Accommodation in 3 star hotel (double room)  
and half board treatment. Qi Gong classes  
with Master Liu Deming. Boat excursion  
around the island. Last night in an Airbnb in  
Palermo.



## **What's not included :**

Flight ticket to Palermo. Transfer from and to the airport (Shuttle bus  
service from the airport to the center). Single-room supplement,  
lunches or dinners according to your half board choice, beverages, tips  
and extras. Entrance fees at monuments/museums. Meals in Palermo.



**Info&Bookings: [leshommesdebout@yahoo.fr](mailto:leshommesdebout@yahoo.fr)  
(33) 06.63.30.82.85. website: [leshommesdebout.fr](http://leshommesdebout.fr)**

**The programme is correct at the time of printing, but organizers reserve the right to alter  
the programme if and when deemed necessary.**