

San Domingo Ranch Beeville Texas

01/10/10

Contact : Mary Patricia Dougherty 361 358 1244

info@sandomingoranch.com

February 20th and 21st, 2010 San Domingo Ranch Conference Center

Learn the Secrets of Time Away From Time by Sifu Johann Saynuik

Overwhelmed? Not enough minutes in a day? No matter where you go, there you are? Do you lack energy to do your own daily routine? Do you suffer from recurrent fatigue or illness? Have you forgotten how to relax, how to breath, how to stand straight, or how to hold yourself with relaxed ease? Not enough minutes in a day to exercise? Not enough time to take care of yourself?

Learn the secrets of "Time Away From Time"

The San Domingo Ranch presents the best in personal growth workshops- this time on the time honored art of self defense, Kung Fu, and the ancient practice of Qi Gong. For 2 days February 20th-21st. Saturday Feb.20th Adult and Youth classes will be followed by Qi Gong exercise class, a lecture on Daoist Tradition:

"A Daoist Toolkit-Ancient Technology for Modern Times"

About Sifu Johann Sasynuik. Sifu Johann began his studies in Martial Arts in 1981 with James Demile an original student of Bruce Lee's. Sifu Johann, a practicing Daoist and talented musician, founded the Tiger Mountain Training Hall where he lives and teaches by the Raging River, in Fall City Wa.

Highlights of the event: On Saturday, after all classes, a ranch walk, barbeque and piano concert will follow. On Sunday in addition to the talk and Qi Gong Class, there will be a Women's Self Defense Class, Lunch of 1000 year Noodles in honor Chinese New Year of the Tiger and Piano concert by our guest speaker. Both days a pre class meditaion will lead off the Qi Gong instruction and a question and answer period is included

About The San Domingo Ranch We are a day conferencing center that is also home to the Dudley T. Dougherty Foundation Center. We are located just north of Beeville, Texas on Highway 181N. We specialize in bringing people together, learning about the latest of innovations and we sponsor conferences such as these devoted to personal growth and to moving Texas forward into the 21st century. You will find all the facilities needed for you to enjoy a successful conference in the midst of nature's bounty - an oasis combining man and nature in the middle of South Texas Brush Country.

To register please go to www.sandomingoranch.com



Saturday
Registration 9:30
Youth Class 10:00-10:50
Adult 11:12:50

Lunch

QiGong 2:00-2:50
Ranch Walk 3:00-4:00
BarbeQue 5:00-7:00
Concert & Talk 7:00-9:00

Sunday:

Qi Gong Class 10 am-11
Womens Self Defense 11-1:00
Lunch: 1:15-2:15
Lecture and Conncert 2:30-5:00