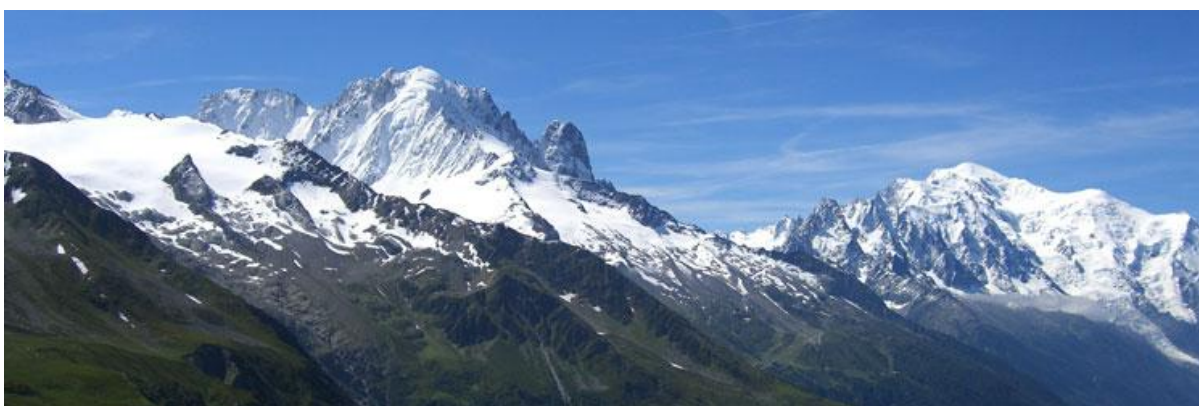


## Tai Chi Luxury Retreat Chamonix – French Alps 09/09/2010

This 5 Day *All Inclusive* holiday will leave you feeling on top of the world  
(Well on top of Europe anyway ☺)

The perfect combination of Yin & Yang, you will find yourself relaxing, meditating and playing Tai Chi, alongside glacier walking, riding atop Europe's highest cable car and abseiling down a ridge if you so wish. This adventure will leave you feeling reconnected, revitalised and a sense of joie de vivre like never before. You will be pampered in a luxurious fully catered alpine chalet with views of one of the most breathtaking mountain ranges in the world.



Our resort - Chamonix is an ancient Alpine town, with an authentic French atmosphere and is dominated by the spectacular Mont Blanc Massif. The elegant town centre, with its cobbled streets, sunny squares and fast flowing river has a bustling atmosphere and a blend of Haute Savoie charm and modern facilities that few resorts can match.

### **Our Itinerary for the trip is as follows;**

#### 9<sup>th</sup> Sept 2010

12:00 Depart Dublin Airport  
15:05 Arrive Geneva (2hr flight, approx)  
15:30 Private Transfer to Chamonix (1hr)  
16:30/17:00 Arrive Chalet Jumelles (settle in)  
18:00 Welcome Meditation  
19:00/19:30 Dinner & relax/free for the evening.



### 10<sup>th</sup> Sept 2010

07:30 Breakfast

08:30 Meditation

09:30 Excursion 1 (Whole group. Off to the Hire shop to be fitted for Hiking Boots and Crampons. Private transfer to Montenvers Train – this famous rack and pinion railway brings you to the Montenvers site at 1913m. An imposing panorama of the Mer de Glace glacier, the Drus and the Grands Jorasses. We'll split into 2 groups (comfortable/a little harder) and our Mountain guide will bring us on a Glacier walk.) Maybe we'll get a chance to play Tai Chi in the clouds ☺. We'll also have the possibility of visiting the Mer de Glace Ice Caves)

14:00/14:30 Lunch at the Grand Hotel de Montenvers

16:00 Depart for Chamonix

18:00 Tai Chi de brief of the day

19:00 Dinner & relax/free for the evening.



### 11<sup>th</sup> Sept 2010

08:30 Breakfast

09:30 Tai Chi Workshop 1 / 2 (outside weather permitting)

13:00 Lunch (chalet)

14:00/14:30 Free Afternoon to shop/explore Chamonix

19:00 Dinner

20:30 Stroll and Drinks in Chamonix



### 12<sup>th</sup> Sept 2010

07:30 Breakfast

08:30 Meditation

09:30 Excursion 2 (Choice of ;

1. Relaxed Trip - Aiguille du Midi via cable car from Chamonix and then take the high altitude scenic route over the mountain tops by telecabine to meet for lunch in Courmayeur –Italy (Pavillion).
2. Adventure Trip - Snowshoe walk from top of Helbronner (Italian side) abseil off the ridge and walk down to the Refuge Torino and lunch at the Pavillon half way station.

18:00 Tai Chi de brief of the day.

19:00/19:30 Dinner & relax/free for the evening.



13<sup>th</sup> Sept 2010

08:30 Breakfast

09:30 Tai Chi Workshop 3 / 4 (outside weather permitting)

11:00 Closing Meditation

11:30 Pack up

12:30 Depart Chamonix

15:45 Depart Geneva for Dublin

17:00 Arrive Dublin



The following websites will be useful for more info;

Chalet [www.chaletskiweekend.com](http://www.chaletskiweekend.com) Chamonix [www.chamonix.com](http://www.chamonix.com)

**The cost of this Fully Inclusive 5 day holiday is €1,399 and includes;**

*(subject to flight cost at time of booking)*

- Flights and transfers (including in-resort transport)
- Luxury Accommodation (twin room's, en-suite)
- All meals (including wine with dinner)
- All Excursions (including lunches)
- All workshops
- One Treatment of your choice (Tai Chi Massage/Reiki/Indian Head Massage)

This is a wonderful opportunity to experience the luxurious adventure of the Alps combined with the intimacy and connection only an ITCCA retreat can provide. We have 14 places in total, 3 of which include ITCCA teachers / therapists

- Charles Thackaberry
- Stuart Breen
- Sinéad McCauley

The remaining 11 places (**yes only 11- so don't miss out**) will be awarded on a first come first served basis. (A cancellation list will be in place-just in case!). A deposit of €500 (*non refundable*) will secure your place on this fantastic opportunity. For more information contact Sinéad on 086 6077700 or [sineadm1@gmail.com](mailto:sineadm1@gmail.com).

**Really looking forward to seeing you there 😊😊😊**

Sinéad, Charles & Stuart