

## European Workshop-Tai Chi Chen Style

18-23 August 2026 9h-12h, 14h30-17h30

### Program

*18-21 August 2026*

#### 13 Postures (Energies) of Tai Chi

Comprising the 8 potentials (Ba Fa 八法) and the 5 directions (Wu Bu 五步), these are martial techniques that structure the Tai Chi movements. A true quintessence of the Chen style, these postures are essential for mobilizing Qi (Energy) harmoniously throughout the body.

#### Special Relaxation Method (Fang Song Gong)

Developed by Master Chen Bing, this method promotes deep relaxation of body and mind.

#### Tui Shou (Pushing Hands) with fixed steps

It is the art of adapting and shaping oneself to better merge with the actions of opponent, while remaining open to the present moment. This practice allows :

- Grounding oneself, perceiving and subtly expressing internal energy, receiving information from opponent.

*22-23 August 2026*

#### Tai Chi Saber

a traditional form of 24 movements. With its large openings and closings, this energizing practice makes the body stronger and more flexible. Its dynamic movements also help maintain a balanced nervous system.

#### Tui Shou (Pushing Hands) with moving steps.

This exercise can bring a better understanding of the true meaning of life balance.

#### This Tai Chi workshop is open to all

and particularly recommended :

To all styles of Tai Chi, Qi Gong and Gongfu practitioners.

Languages spoken : Chinese, French and English

**For more information and registration**

[secretariat@lagrueblanche.com](mailto:secretariat@lagrueblanche.com)

[www.lagrueblanche.com](http://www.lagrueblanche.com)



## EUROPEAN WORKSHOP

# TAI CHI

WITH MASTER CHEN BING 陈炳老师

18 - 23 August 2026

LYON - FRANCE



太极

[www.lagrueblanche.com](http://www.lagrueblanche.com)

## Master CHEN Bing 陈炳老师

A leading figure of 12th-generation Taiji Quan, Chen Bing is a national representative of intangible cultural heritage in China and one UNESCO ambassador for martial arts. Having begun practicing Tai Chi at the age of six under the guidance of his uncle, Grand Master Chen Xiaowang, he quickly reached an excellent level and won many national Tai Chi championships.

In 1997, he enrolled at the prestigious Shanghai Sports University, where he studied humanities. In 2007, he founded his own Tai Chi school in Chenjiagou. Through more than 20 years of passionate teaching, and with the help of his disciples, he has established numerous Tai Chi centers in China as well as dozens of academies abroad. His work reflects energy and serenity, serving both martial effectiveness and health. He transmits the internal art with kindness and an adapted teaching approach. A highly advanced spiritual seeker, he believes that the Tai Chi practice should lead to a deep understanding of the Non-Action philosophy, a source of serenity and inner strength.

### Tai Chi Workshop Fees

€480 a 6-day package for members, €90/day.  
€540 a 6-day package for non-members, €100/day.  
Registration for the full workshop will be given priority.  
€50 upon registration, rest amount before the workshop.

### Registration :

Visit our website [www.lagruelblanche.com](http://www.lagruelblanche.com) and click on inscription et paiement. Once the form is completed and the €50 payment is validated (via the secure MONETICO system), you will receive automatic confirmation. For partial registration, please send us an email specifying the days you will be attending.

If you cancel, the registration fee is non-refundable except in cases of force majeure and upon presentation of supporting documentation. It is possible to transfer the fee to a future workshop.

## Place of Tai Chi Workshop

### Gymnase du Lycée Horticole de Dardilly, chemin de la Brocardière, 69570, Dardilly

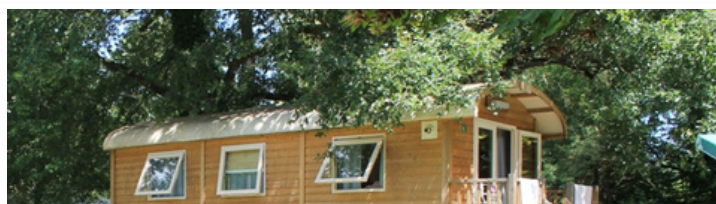
How to get to tai chi workshop place

Located 10 km from the Lyon center, it is easily accessible by motorway or public transport.

**By Highway :** Coming from Lyon via the A6 towards Paris, take exit 34. Coming from Paris via the A6 towards Lyon, take exit 34.

**By train :** Gares Lyon Perrache (10 km), Lyon Part-Dieu (15km), Lyon Vaise (8 km).

**By air :** Aéroport Lyon St-Exupéry (43 km).



### Accommodation

Camping de Lyon (Lyon Camp) \*\*\*\* in Dardilly 69570  
<https://www.campinglyon.com/> Campsite or chalet rentals  
on a beautiful 6-hectare natural park.

<https://www.camping-lyon.com/en/>  
Restaurants and supermarkets are nearby.



[www.lagruelblanche.com](http://www.lagruelblanche.com)

