



## Tai Chi Relaxation Level II

The workshop will take place at Pallotti Haus (D-85354 Freising, Pallottinerstraße 2)

**June 8 – 11, 2024**

**Saturday 10:00 - 17:00 including lunch break**

**Sunday 9:00 - 17:00 including lunch break**

**Monday 9:00 - 17:00 including lunch break**

**Tuesday 9:00 - 16:00 including lunch break**

If you would like to stay overnight in the Pallotti House, please register **by March 1st** at the latest, only then can we guarantee an overnight stay in the Pallotti House.

There are also some rooms reserved for those who want to arrive on Friday. Please register for this **as early as possible**.

If Pallotti House is already fully booked, you can of course find accommodation in Freising.

We look forward to seeing you!

Manuela, Gaby and Mirjam (Sheng Zhen Deutschland e. V.)

**Seminar fee:** The seminar costs 350€.

Members of Sheng Zhen Deutschland e. V. and members of international Sheng Zhen associations pay 300€.

**The Pallotti House offers a conference package** with full board for **Saturday to Tuesday**, or participation in the seminar without overnight stay.

<b>Overnight stay with full board:</b>	<b>Price per Person</b>
Double room with shower/WC:	281 €
Single room with shower/WC:	311 €
<b>without overnight stay</b>	
with lunch, morning and afternoon coffee break with pastries	140 €

Sheng Zhen Deutschland e.V.

Vereinsregisternummer: VR 208156, Steuernummer: 117/110/70127

## Payment modalities

**Seminar fee:** As soon as you have registered (scan and email the registration form on the last page, or send a text email with all the necessary information), you will be sent an invoice. With the transfer you have secured your place.

**Accommodation and meals:** We will inform you about the payment modalities for accommodation and meals in the Pallotti House after registration.

In addition to lunch, a coffee break with pastries will be offered in the morning and afternoon. Please bring your own drinks during practice times. Water is of course available. **Do not forget to bring a drinking bottle or your own cup.**

Please indicate whether you would like a normal diet or vegetarian, gluten-free or lactose-free options. Those with other food intolerances are asked to bring their own alternative products.

## Directions:

From Munich airport (Franz Josef Strauß) you can take the bus number 635 to Freising station (20 minutes) or the S-Bahn (S1, change at Neufahrn). A taxi from the airport to Pallotti House costs about 30 Euros.

From Munich main station you can take the S-Bahn (S1 to Freising, 41 minutes) or a regional train to Freising (24 minutes).

Taxis from Freising station to Pallotti House cost about 10 Euros. You can also take bus no. 630 to Camerloherstraße or bus no. 631 to Vimystraße. From there it is a 5-minute walk to Pallotti House.

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## Registration

*Sheng Zhen*



## Tai Chi Relaxation Workshop with Jing Li

Registration via Sheng Zhen Deutschland e.V. ([kontakt@shengzhen.de](mailto:kontakt@shengzhen.de)) or by post to  
Manuela Haltmeier, Forellenstraße 1a, 82224 Eichenau

Name and address:

Email-address:

I am a member of Sheng Zhen Deutschland e. V.  
or another Sheng Zhen association  no  yes

Tai Chi Relaxation (Level II): 350€  300€   
June 8 – June 11 2024

I would like to stay at Pallotti House: no  yes   
double room  single room

Food: with meat  vegetarian  gluten-free  lactose-free

I would like to become a member of  
Sheng Zhen Deutschland e. V. no  yes

Sheng Zhen Deutschland e.V.

Vereinsregisternummer: VR 208156, Steuernummer: 117/110/70127