



Tai Chi Retreat In Northern Portugal With Sifu Hine

20th – 27th September 2010

Enjoy relaxed training sessions with Sifu in beautiful 4* surroundings on the Portuguese coast. Practise on the beach or in the gardens each morning before breakfast and then participate in 2 hours of teaching & practise on most afternoons in the hotel's spacious wooden-floored ballroom.

- Learn from the Master how your Tai Chi postures move your energy around your body
- Enhance your postures to achieve maximum benefit from training
- Increase your flexibility with ease
- Develop deep relaxation and calm techniques which Sifu will demonstrate



Also learn the famous **TWELVE PRECIOUS CLOTHS CHI KUNG** in its entirety during your holiday.

This powerful Chi Kung routine is very different from the exercises you have learned in the classes. It builds your energy quickly to improve your health, clears the mind and develops internal power for those doing martial arts. This is a rare opportunity to ask Sifu questions directly. If you would like to learn something specific, please let us know before we leave for Portugal as we might be able to fit it in for you

THE HOTEL OFIR ****

- 191 bedrooms with ensuite bath, shower and a balcony
- Buffet restaurant with local & international cuisine
- Lounge bar offering lunchtime snacks
- Large outdoor pool surrounded by a garden sun lounging area
- Bowling alley & card room
- Large private wooden-floored ballroom
- Beautiful beach



The Hotel Ofir Pool Area

The spacious and recently renovated 4-star Hotel Ofir enjoys a privileged position at the head of a pine-forested peninsula surrounded by fine unspoilt sandy beaches. In addition to a splendid wooden-floored ballroom where this holiday's Tai Chi instruction will take place, it also features extensive lawns surrounding an attractive outdoor pool and a restaurant with wonderful sea views.

The Minho region that lies inland from the hotel is affectionately known by the Portuguese both as 'the cradle of Portugal' and 'the green heart of Portugal'. It was here, in the 12th century, that Portugal began to evolve, and the Minho today features several of the country's best preserved and most beautiful historic cities. It is also a region where centuries-old traditions of folk music and artisanship are very much alive and is scenically characterised by attractive rolling hills and small-scale agriculture.

TRAVEL ARRANGEMENTS

The travel component of this holiday is being organised and operated for us by Personal Touch Holidays, a group travel activity holiday specialist that is both an ABTA registered and ATOL licensed tour operator and has been offering high quality customer care for over 15 Years.

 **ABTA**

ABTA No.V9038



EXCURSIONS

Oporto & The Douro (included) – The beautiful granite riverside city of Oporto has been home to the Portuguese Port Wine trade for over 250 years. Its history as a significant city and trading port however extends all the way back to the Romans. Included in our tour are a port wine lodge, the beautiful stock exchange building, the opulent São Fransisco Church, time at leisure for lunch in the historic fisherman’s quarter, and a Douro cruise.

Braga & Guimarães (optional) – The historic city of Braga is known as ‘the Rome of Portugal’ for the number of impressive baroque ecclesiastical buildings it houses. Medieval Guimarães meanwhile was Portugal’s first capital and the birthplace of its first king and has therefore been affectionately dubbed ‘the cradle of the nation’.

Barcelos & Viana Do Castelo (optional) – The endearing slightly sleepy country town of Barcelos is home to Portugal’s largest and best known handicrafts market. Viana Do Castelo, by way of a complete contrast, is a fascinating historic port with many fine examples of traditional architecture.



Braga’s Bom Jesus Church



The Hotel Ofir Ballroom

INCLUDED IN THE COST OF THE HOLIDAY

- Return flights from London Gatwick to Oporto
- All airport taxes
- Transfers airport/hotel/airport in resort & hotel portorage
- Welcome meeting and drink
- 7 nights half board accommodation at the Hotel Ofir
- 6 morning practise sessions with Sifu Hine
- 5 afternoons instruction with Sifu Hine in the Hotel Ofir Ballroom
- 1 full day excursion to Oporto including a Douro River cruise
- The assistance of a Personal Touch Holidays resort manager throughout your stay



**£30 off
& Free Room
Upgrade
if booked by
31.12.2009**

COSTS (per person on a half board basis)

£595 (if booked & deposited by 31 December 2009), **£625** (if booked later) (N.B. Free room upgrade to a guaranteed garden view if booked & deposited by 31 December 09)

SUPPLEMENTS (per person per week)

Single room **£59**, Garden view room **£29**

HOLIDAY INSURANCE

Age Group (Age at date of travel)	7 Night Price	Optional Excess Waiver
18 – 64 years	£25.95	£10.00
65 – 69 years	£38.95	£10.00
70 – 74 years	£42.95	£10.00
75 – 79 years	£51.95	£10.00
80 years and over	£60.95	£10.00

(premiums valid until 30 September 2009)



Viana Do Castelo

HOW TO BOOK

The deposit required for this holiday is £120 per person, plus the Insurance Premium if applicable.



For further details or a booking form please contact Personal Touch Holidays, Anvil House, West Street, Billingshurst, West Sussex RH14 9HW. Tel. 01403 786200.

N.B. The air holiday packages on this flyer are ATOL protected, since Personal Touch Holidays holds an Air Travel Organisers Licence granted by the Civil Aviation Authority. Their ATOL number is ATOL5961. Please see their booking conditions, attached to their 2010 booking form, for more information.