



## SHAOLIN WAH NAM PORTUGAL

“...dedicated to maintain and pass on the Traditional Shaolin Arts throughout the world...”

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2th To 10th JULY 2011  
GRAND-MASTER WONG KIEW KIT  
4rd SHAOLIN WAH NAM SUMMER CAMP IN PORTUGAL  
CASA DE RETIROS DE S. INÁCIO – PRAIA GRANDE – COLARES

It is with great pleasure that we present the 4rd Shaolin Wahnam Summer Camp in Portugal, following the successful Summer Camps of 2008, 2009 and 2010. Grand –Master Wong Kiew Kit will personally present courses of Shaolin Wahnam Chi Kung, Shaolin Wahnam Kungfu, Wahnam Self-Defense and Zen.

It takes place again in a pleasant convivial atmosphere providing a rich and fruitful sharing of experiences and a dynamic regeneration for all.

You can stay in the Casa de Retiros de S. Inácio in a calm and friendly ambiance, and follow one or more courses, or intersperse them with some days of leisure at the beach or in the beautiful Sintra countryside.

Your companions are welcome, depending on the availability of rooms, so it is advisable to book in time.

Choose the course options which most interest you from the detailed information that follows and contact us for any further information.

You have here a rare opportunity with one of the few genuine masters, to learn or further perfect these arts of excellence that contribute clearly and decisively to improve your life and give it a sense of fullness at all levels.

See you soon

Master Riccardo Salvatore

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2th To 10th JULY 2011  
GENERAL PROGRAM

**Time for Excellence Arts**

**Saturday | July 2th**

**CHI KUNG**

**GENERATING ENERGY FLOW (\*) | Course A | 9:00 to 13:00**

Many students as well as instructors consider this the best course they have learnt from Grandmaster Wong. By the end of the course, not only you will experience chi, but also be able to generate a chi flow yourself. Generating a chi flow will overcome illness, and give you good health, vitality and longevity.

(\*) If you wish to participate in the following courses, B, C, D, E and F, you need to have done this course or any course with Grand-Master Wong Kiew Kit or with an authorised Shaolin Wahnam Instructor.

**COSMIC SHOWER | Course B | 15:00 to 19:00**

As the name suggests, the course will enable you to generate a cosmic shower. The cosmic energy flowing through you will clear away blockage, and strengthen you physically, emotionally, mentally and spiritual. If you are ready, you may have a spiritual experience.

**Sunday | July 3th**

**MENTAL CLARITY | Course C | 9:00 to 13:00**

Being stressful or unable to control countless thoughts is a common problem. This course will enable you not only to overcome this problem but also to attain mental clarity and mental freshness. You will be able to use you mind more effectively than ever before.

**EIGHTEEN-LOHAN ART**

(Different of 18 Lohan Hands)

**Module 1 | Course D | 15:00 to 19:00**

Eighteen high-level Chi kung exercises are taught in this course (module 1 and 2). You can apply these exercises to develop internal force, to manifest force, and to have good balance and agility. This will enable you to have better results in whatever you do, and enjoy your work and play every day.



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**SHAOLIN KUNGFU | LOHAN TAMES THE TIGER**

Duration 5 days

From Monday 4th to Friday 8th July

Intensive | Mornings | 9:00 to 13:00

Kungfu may be classified into four dimensions - form, force, application and philosophy. In this course you will learn the essence of all these four dimensions crystallized in Lohan Tames the Tiger. You will learn fundamental kungfu patterns, develop internal force, apply kungfu for combat, and understand kungfu philosophy.

**ESSENCE OF SELF-DEFENSE**

Duration 5 days

From Monday 4th to Friday 8th July

Intensive | Afternoons | 15:00 to 19:00

Even as a beginner, you can learn how to defend yourself against various types of attack, like Boxing, Kick-Boxing, Judo, Aikido, Karate and Wrestling in just a few days. And what is so very special is that you don't have to be rough and you don't hurt yourself at all! If you are a woman or small in size, you can effectively handle bigger sized opponents. You also learn to develop internal force!

**Saturday | July 9th**

PEAK PERFORMANCE | Course E | 9:00 to 13:00

Being tired easily is a common problem nowadays. This course will enable you not only to overcome this problem but also to develop a lot of internal force so that you can attain peak performance in your work and play. You can feel the internal force during the course itself.

**EIGHTEEN-LOHAN ART**

(Different of 18 Lohan Hands)

Module 2 | Course F | 15:00 to 19:00

Eighteen high-level Chi kung exercises are taught in this course (module 1 and 2). You can apply these exercises to develop internal force, to manifest force, and to have good balance and agility. This will enable you to have better results in whatever you do, and enjoy your work and play every day.

**Sunday | July 10th**

ZEN | 9:00 to 13:00 | 15:00 to 19:00

This is a course for high-achievers. You will learn an art that was reserved for emperors and generals in the past. You will attain mental clarity and tremendous internal force that enable you to attain peak performance in both your work and play. During the course itself, you will be able to solve problems more easily, and be able to run the distance of a football field without panting for breaths and without being tired!



Where:

Casa de Retiros de S. Inácio  
Estrada do Rodízio, 124 | Praia Grande - 2705-335 | Colares

You can stay, with full board, and follow one or more courses, and have a few days of relaxing holidays in marvellous surroundings, and go for walks in the mountains, or on the beaches. You can participate in the courses and have meals without staying at the retreat.

Your companions can stay with you, however the number of rooms available is limited.

Various trips by jeep, coach and donkey to local markets and the Sintra Mountains are available.

Location:

The Casa de Retiros S.Inácio is 500 metres from Praia Grande, 300 metres from Hotel Arribas pool, and 1,500 metres from Praia das Maças.

How to get here: Taxi from Lisbon €50/€60 : Train from Lisbon to Sintra 30min + taxi €25

Price per person in a double room with bathroom and full board | 50€ per day

Price per person in a double room with bathroom half pension | 40€ per day

Price per person in a double room with bathroom and breakfast | 35€ per day

Vegetarian meals are available. Please notify us in advance if you want this option.

Meals for those not staying in the retreat | 15€

Saturday July 2th and 9 th barbeque or vegetarian lunch. You can come even if you don't participate in any courses.

Also you have the option of other hotels and pensions in the Colares area:

**Hotel Arribas**

tel. (00351) 219 289 050

fax. (00351) 219 292 420

url: <http://www.hotelarribas.pt/hotelarribas.php>

**Hotel Miramonte**

tel. (00351) 219288200

fax. (00351) 219291480

url : [http://www.miramontesintrahotel.com/Hotel\\_Miramonte\\_Vip\\_Inn\\_Home.html](http://www.miramontesintrahotel.com/Hotel_Miramonte_Vip_Inn_Home.html)

**Quinta do Rodízio** (200 mts do Rodisio S. Inácio)

tel.219282543

with room and kitchenette

**Quinta da Vigia**

tel. (00351) 219282877

url: <http://www.quintadavigia.com/>

**Casal Santa Virgínia**

tel. / fax. (00351) 219283198

url: <http://www.casalstvirginia.com/>

**Quinta do Rio Touro**

tel. (00351) 219292862

fax. (00351) 219292360

url: <http://www.quinta-riotouro.com/>

**Quinta dos Junqueiros**

telemovel (00351) 96 656 97 02

tel. (00351) 21 928 02 56

url: <http://www.quintajunqueiros.com/>



### Prices for Courses

Chi Kung Shaolin Wahnam		Pay until 24/6
1 course	200 €	185€
2 courses	350 €	325€
3 courses	475 €	450€
4 courses	575 €	550€
5 courses	650 €	625€
6 courses	700 €	675€

  

Kungfu or Self-Defense + CK		until 24/6
Kungfu Shaolin Wahnam	500€	475€
Self-Defense Shaolin Wahnam	500€	475€
Kungfu or Self-Defense + 1 CK	650€	625€
Kungfu or Self-Defense + 2 CK	800€	775€
Kungfu or Self-Defense + 3 CK	925€	900€
Kungfu or Self-Defense + 4 CK	1025€	1000€
Kungfu or Self-Defense + 5 CK	1125€	1100€
Kungfu or Self-Defense + 6 CK	1200€	1175€

  

Kungfu + Self-Defense + CK		Until 24/6
Kungfu + Self-Defense	800 €	775€
Kungfu + Self-Defense + 1 CK	950€	925€
Kungfu + Self-Defense + 2 CK	1175€	1150€
Kungfu + Self-Defense + 3 CK	1275€	1250€
Kungfu + Self-Defense + 4 CK	1350€	1325€
Kungfu + Self-Defense + 5 CK	1400€	1375€
Kungfu + Self-Defense + 6 CK	1425€	1400€

  

Zen	1000€	
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In order to benefit from the reduction please make a deposit of 50% and pay the rest by one week before the start of the Summer Camp:

NIB: 0033 0000 00018877619 19

IBAN: PT50 0033 0000 0001 8877 619 19

BIC/SWIFT: BCOMPTPL

For information and registration contact the secretary: Daniela Anastasio  
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