



# GO Clubs Matfyz and Taogo in cooperation with Slovak association of GO

Welcome you and yours friends and families on

## INTERNATIONAL SUMMER RETREAT OF GO IN TATRAS SLOVAKIA 2012

For the summer we have prepared 5 days retreat with goal to increase energy of body and mind. Retreat in mountains West Tatras involves methodical teaching of GO theory, with aim to improve oneself in fundamentals, in good form and shapes, also in strategies and fighting techniques, what everything offer the beautiful Art of GO. The practical part will be held by participating in two tournaments. The third supporting part of retreat will be focusing on health and energy. With the system of Tao yoga will be intention to detoxify and strengthen the physical body, harmonize the emotions and increase the energy of everyone's who will come.

Relaxing and meditative exercises of Tao yoga harmonize and regenerate the mind very quickly. Integrating of Tai chi physical exercises and psychical training of mind by GO has blessing influence on development of global consciousness of ones.

Teachers, instructors and guarantee of retreat:

**Julius Masarovic**, organiser of retreat and international instructor of Tao yoga

**Pavol Lisý 5.Dan**, teacher of English group

**Miroslav Poliak 1.Dan** teacher of Slovak group

**Ivo Svec** , arbiter and GO guarantee of tournaments

**Guarantee of retreat:** Slovak association of GO, Tao yoga Slovakia

[www.sago.sk](http://www.sago.sk) [www.taogo.szm.sk](http://www.taogo.szm.sk) [www.taojoga.sk](http://www.taojoga.sk)

Time schedule of retreat:

- Tuesday from 12 00 arriving a accommodation, acclimatization and free time
- From Wednesday till Sunday:
- 06 30 - 08 00 Morning hitting detoxification and Tai chi in fresh outdoor area
- 08 00 - 09 00 Breakfast
- 09 00 - 12 00 Round Summer tournament
- 12 00 – 15 00 Lunch - local walking around or playing GO
- 15 00 - 18 00 Methodical teaching of GO
- 19 00 - 20 00 Dinner
- 21 00 - 22 00 Relaxation or playing RENGU
- 22 00 – 06 00 Sleeping time
- Friday:
- 12 00 – 19 30 Half day trip to mountains cottage Žiar

Additional program also for friends and families:

- During retreat will be in progress **Ivo's Summer marathon tournament in GO**
- During retreat will be in progress **Simultaneous game in GO**
- Local visiting traditional cottages - salaš
- Friday Evening late night session at fire in koliba - Chata Kožiar
- Friday will be realized mountains trips to Chata Žiar and Chata on Červenec. The more courage ones walk up to hill Plačlivô 2125m or mountains saddles Žiarske or Smutné with beautiful view out on the hills of West Tatras
- In the case of heat, in lunchtime is possible to "be cool" in lake Liptovská Mara or in Wellness thermal pool in Liptovský Ján, or Demänovská ice cave
- **For accompany friends and family is possible to attend the complete Tao yoga exercises (Course price 25,- Eur and the same reductions see father)**

Date: 28th august – 02. September 2012 from Tuesday till Sunday

Arriving and accommodation in Tuesday from 12 00 till 22 00  
Departure in Sunday afternoon

Place: Hotel Spojár – Heart of beautiful West Tatras [www.spojar.sk](http://www.spojar.sk) (10km from Liptovský Mikulaš direction to Žiarska valley, 300m behind village Žiar )

Accommodation: night per person 15,-Eur two beds room. For family, students is possible to accommodate in cottages with 5 beds cheaper price (45,- Eur per night whole cottage).(+50 cents local payment)

Boarding: on the place ala cart, or full pension, recommended half pension 7,- Eur start with dinner, possible to book detox drinking regime with raw juices of vegetable and fruits 3,-Eur/2x2dcl per day. Accommodation and boarding will pay every person on the Reception.

**ISRGO 2012 – Summer retreat of GO price 50,- EUR**

**Participant registered up to date 20<sup>th</sup> Jun has reduction 5,- EUR**

**Participant registered after date: no reduction**

Registration: by mail, [taojoga@taojoga.sk](mailto:taojoga@taojoga.sk) or via telephone, or personally.

At the same time is necessary latest till end of Jun:

Personally to pay, or via banking transfer non-refundable registration deposit 30,- EUR. The rest is paid at registration on place in cash.

Name of bank account:

Mgr, Július Masarovič - LIEČIVÁ TAO ALCHÝMIA

Address Vilová 9, 851 01 Bratislava

Number of account: 262 581 8442 Code of bank 1100 – Tatrabanka

For international banking transfer payment:

IBAN SK43 1100 0000 0026 2581 8442 BIC (SWIFT) TATRSKBX

In remark put the whole name of participant and ISRGO

#### Propositions of Summer tournament in GO

Tournament is put in Grand Prix Slovakia

**Program:**

29.8.2012 Wednesday	08:00 - 08:30	Registration
	09:00 - 12 00	Opening and 1st Round
Thursday	09:00 - 12 00	2 Round
Friday	09:00 – 12 00	3 Round
Saturday	09:00 – 12 00	4 Round
Sunday	09:00 – 12 00	5 Round
	12:30	Result and Final

**System:** Swiss system, redacted handicap RH-2, Time: 75 min per player  
+ 30 second Japanese byo-yomi, or 10 stones per 5 min., Japanese rules, komi 6,5

**Fee included in course price:** Adults **50,- €**  
Seniors, juniors and students **40,- €**

**Prices:** 1.price 100 EUR, 2.price 50 EUR, 3.price 25 EUR, 4, 5, 6, 7 place additional prices.

**Registrations:** on e-mail: [taojoga@taojoga.sk](mailto:taojoga@taojoga.sk) (Julius Masarovic)  
Phone: 00421 905 253 978  
Skype: Julius.Slovakia