

# ChiRunning & ChiWalking Retreat

Little Hartley

Friday 22 June -  
Sunday 24 June

ChiRunning 

 ChiWalking

2022

# ChiRunning & ChiWalking Retreat

Friday 22 June 3pm to Sunday 24 June 3pm  
147 Coxs River Road, Little Hartley



Come for a rejuvenating weekend in the mountains to get back in touch with nature, and also your body! This retreat is for you! You will be provided with a range of organic foods, finely selected local wines, massage, tai chi and more. You will also be given expert instruction in methods of walking and running, that make movement fun!

## Accommodation

Accommodation is share style and is in a large newly built home in Little Hartley. There is also a beautiful red barn and sleep out, should we need more space. Camping is also an option. If you wish to choose your own accommodation, your package will only include meals, workshops and activities.

## Cost

The cost of the retreat is \$750 per person. This includes accommodation, meals, workshops and activities. This does not include massage sessions. Split payment for the retreat is available upon request.

## Food

Food will be largely gluten-free and vegetarian. Produce will be sourced locally from an organic farmer and the Katoomba food co-op. Wine will be a selection from the Megalong Valley.

## Transport

Participants will be required to arrange their own transport to the Blue Mountains. However, we will happily pick you up from Mt Victoria on Friday 22 June. Lifts will also be provided to the train station on Sunday 24 June at 3pm.

## Activities

A masseuse will be available on site to give either 30 minute massages or 1 hour massages. His fee is \$90 for an hour and \$50 for half. Health fund rebates are available. Bookings need to be made through myself, prior to the retreat.

## Instructors

There will be four Chi Running instructors at the retreat, so this will ensure a close focus on your form. There will be a Master Instructor from Auckland, New Zealand, a Senior Instructor from Melbourne, Victoria, and two certified instructors from Port Macquarie and Sydney, in New South Wales. These instructors offer a broad range of experience, with specialisations in Pilates, Psychology and Engineering. There will also be a masseuse and two quigong practitioners on site.

## Itinerary (See Page 4)

## Payments

A deposit of \$100 is required when enrolling, and full retreat fee is due no later than 5 May, 2018.

Account Name: Penelope Christie  
Bank: National Australia Bank  
BSB: 082338  
Account Number: 276 0623 84

## What to bring

Please bring your running or walking clothes. The mountains will be cold at this time of year, so long pants/running tights will be preferable. Jackets will also be required. Running belts, vests or camelbaks may be useful for longer runs. The property has an outdoor spa, so bring your swimmers.

If you have any questions about the retreat, please don't hesitate to contact me on

0434 613 228

pennychristie@optusnet.com.au

runningform.com.au

# ChiRunning & ChiWalking Retreat

## Retreat Menu

(some items subject to change)

### Welcome Drink

- Rosemary and lemon Spritzer

### Snack

- Chia olive tapenade, creamy mint pesto, black spicy hummus, and corn chips

### Day 1

#### Dinner

- Veg Korma Curry
- Beetroot Curry
- Pappadums, Roti, Brown Rice

#### Dessert

- Vegan Cheesecake
- Wine from Dryridge Estate, Megalong Valley

### Day 2

#### Breakfast

- Juice - Green Apple, carrot, ginger
- Fairtrade coffee and teas
- Bircher Muesli
- Selection of pepitas, sunflower seeds, pecans, sultanas, apricots, goji berries, prunes, greek natural yoghurt
- Selection of local Breads
- Raw Raspberry Chia Jam
- Oat Waffles with Blueberry lavender cream

#### Snack

- Banana and coconut teff muffins

#### Lunch

- Chia, lentil Burgers

#### Snack

- Organic pumpkin scones

#### Dinner

- Local restaurant

### Day 3

#### Breakfast

- Drink - "Can't beet me smoothie"
- Fairtrade coffee and teas
- Banana Oat Waffles
- English Breakfast Frittata with baby spinach, mushrooms and tomato

#### Snack

- Ultimate trail mix
- Spinach, kale and chia muffins

#### Lunch

- Roast Pumpkin Soup with selection of local breads
- Super food Salad



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# Itinerary

## Day 1 - 22 June 2018: Welcome and Introductions

Time		Subject	Lead Instructor
15:00 - 16:00	60 mins	Arrivals and Check-in for residential Participants	
16:00 - 17:00	60 mins	Intro Evening: What is My Running Story	Participants
17:00 - 17:15	15 mins	Break	
17:15 - 17:45	30 mins	Tomorrow's objectives and safety briefing	Loreen
17:45 - 18:45	60 mins	Break/Fire Trail Run	Maggie and Suz
18:45 - 20:45	120 mins	Dinner at House with Local Wines	
20:45		Close of Day 1	

## Day 2 - 23 June 2018: The Basics of Good Running Technique

Time		Subject	Lead Instructor
7:00 - 8:00	60 mins	Qigong Practice Session, Pilates Session, or long run	Wayne Levi / Maggie, Carolyn
8:00 - 9:00	60 mins	Breakfast	
9:00 - 9:45	45 mins	Introduction and Body Looseners	Penny
9:45 - 10:45	60 mins	Chi Running Video Analysis: Break into 3 Groups	Loreen
10:45 - 11:00	15 mins	Break	
11:00 - 11:30	30 mins	Chi Running Lesson 1: Posture	Loreen
11:30 - 12:30	60 mins	Chi Running Lesson 2: Moving from your Dantien, Chi Walking	Carolyn
12:30 - 13:30	60 mins	Lunch	
13:30 - 14:30	60 mins	Practice Chi Walk	Carolyn
14:30 - 15:00	30 mins	Chi Running Lesson 3: Ankle Lift and Knee Bending Drill	Maggie
15:00 - 15:15	15 mins	Break	
15:15 - 16:00	45 mins	Chi Running Lesson 4: Arm Swing / Pelvic Rotation	Penny
16:00 - 16:45	45 mins	Chi Running Lesson 5: Begin Run	Loreen
16:45 - 17:30	45 mins	Chi Running Lesson 6: Gears and Cadence	Maggie
17:30 - 18:00	30mins	Private Time	
18:00 - 19:30	90 mins	Guest Speaker: local nutritionist, author of "Eating for You", Sally Anne Pisk	
19:30 - 21:00	90 mins	Dinner at local restaurant	
21:00 - 22:00	60 mins	Optional Games Night / Running Movie Night	
22:00		Close of Day 2	

## Day 3 - 24 June 2018: Building Your Running Form

Time		Subject	Lead Instructor
7:00 - 8:00	60 mins	Qigong Practice Session, Pilates Session, or long run	
8:00 - 8:30	30 mins	Showers	
8:30 - 9:15	45 mins	Breakfast and Objectives for Today	
9:15 - 10:00	45 mins	Breathing	Maggie
10:00 - 10:45	45 mins	Hills and Trails	Penny
10:45 - 11:00	15 mins	Break	
11:00 - 12:00	60 mins	Foot print analysis	Loreen
12:00 - 13:00	60 mins	Lunch	
13:00 - 14:00	60 mins	Video Analysis, Goals	All
14:00 - 15:00	60 mins	Close Workshop and Goodbyes	