



Teatret OM

Taijiquan with M° Gianna Sabatelli &
M° Sergio Raimondo



Ringkøbing (DK) – 12–18 August 2026

In collaboration with CXWTA-Italia – Il Campo del Cinabro and Brogården Kulturvæksthus

Programme as part of the **Art & Nature LAB** project 3–9 August: <https://teatretom.dk/dk/aktiviteter/kunst-natur-lab> (the programme will be released separately shortly)

6 August The Dao, the Way of Nature
Conference – 1 hour

Qi Gong and Taijiquan Seminar – 3 hours:

- *Ba Wu*, the Eight Animals to strengthen the kidneys
- *He Shi*, the Crane's breathing
- Taijiquan Form 9

Fee: €50

Seminar Programme – 12 to 18 August

- **Taiji Shan**, the Taiji Fan
12–13–14 August – 9.30–12.00 / 16.00–18.30
Fee: €150
- **Taiji Qiu**, the Taiji Ball for developing centrality of the Dantian, the energy centre
15–16 August – 9.30–12.00 / 16.00–18.30
Fee: €100
- **Qi Gong; Taiji Jin**, for developing elastic strength;
Tui Shou, paired pushing hands
17–18 August – 16.30–19.00
Fee: €50

For students of **Il Campo del Cinabro School** attending all seminars, the total participation fee is **€260 instead of €300**.

BOOKING:

Please send the completed booking form to the following e-mail addresses:
antonella@teatretom.dk and Bodil@teatretom.dk

WHERE WE ARE:

<https://www.visitvesterhavet.com/> / <https://www.visitdenmark.it/>



HOW TO GET THERE

- To Copenhagen, plus train or FlixBus Copenhagen – Ringkøbing
- To Billund, plus bus or taxi (if travelling in a group) Billund – Ringkøbing

Teatret OM

FACEBOOK: <https://www.facebook.com/teatret.om?fref=ts>

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BROGÅRDEN
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