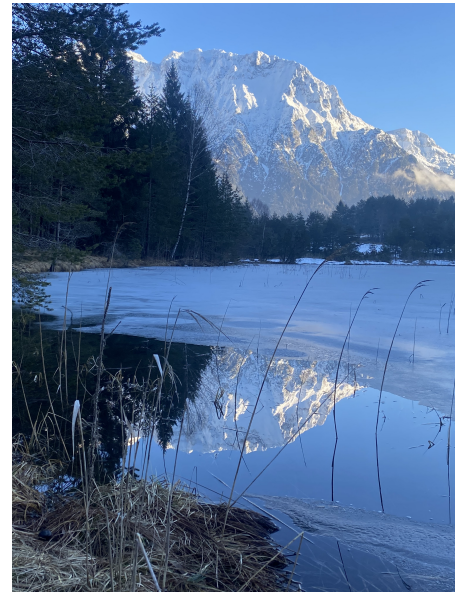


European Wintertraining 2025 in Götzens

16th – 25th January

**„In the depth of the Winter
– Unity –
surrounded by majestic Mountains“**



Nestled between the snow-capped and well-rooted Tirolean mountains, Götzens offers an abundance of the different states of the Water element in Winter – snow, ice, crystals and steams. Surrounded by impressive mountains, blue skies and clean crisp air, it's easy to palpably absorb solidity of the earth and the openness to the heavens, inspiring us all to explore solid grounding, free-flowing energy and creativity within ourselves.

The Götzens Tai Chi Winter training 2025 was fantastic. For our 50th year anniversary, we chose the theme *unity*, which was kicked off by a Jade stone remembrance gift for all participants and a meditation which acknowledged all the various people who have contributed to the growing of our school in the last 50 years as well as those who are still contributing.



Guest accommodations were within walking distance of the main workspace, which was located in the event hall of the Town Hall, a beautiful, open, light workspace with a wooden floor and large enough for all of us to fit in.

New B1 apprentices were welcomed, B2, B3, Fund, PH1, IF, and PH2 apprenticeships were offered, plus the premier of the first official sword form experienceship, which was taught by all four of the invited legacy holders. Daily Time in the Art sessions, all advanced PH's levels, and a new and an advanced sword/fencing class.

Tai Chi students of Götzens were invited to a "Time in the Art hour", led by Jonathan Stow. 16 of the invited students attended and enjoyed the hour.

Special events happened. A morning field trip to the top of the Hoadl mountain ski location, included doing qigong and tai chi in the cold crunchy snow, under bright sun and surrounded by a blue sky with a panoramic view overlooking the surrounding mountain peaks. Afterwards we warmed up with apple strudel and hot chocolate. Evening events included a tour of the town of Innsbruck, visiting local farms to view local handmade Christmas nativity scenes and a short course in yodeling.

A round of applause was definitely earned for Maria Gandler and her local support team of apprentices who did a fantastic job to welcome 47 participants from 8 countries (including 7 people from 4 different states in the US), to this picturesque Winter training location. Unforgettable! (Sherry Kent, LH Amsterdam).



Oliver Brouwer from Bristol England wrote:

It was wonderful to be in such beautiful surroundings for this training – gratitude in waking to this each day.

The week allowed me to find more of a confidence in my own voice, and I appreciate the chance given to help teach the PH1 group, with our focus of unity and softness.

I returned home feeling grounded, with a renewed attention: Inspired to share, and my hopes to begin classes in Bristol relit.



50th year celebration.

Up and up we go,
Closer to the Heavens
Enraptured by the dazzling light.
The mountains offering their sacred space for our Celebration.
In awe of Nature and its beauty, we celebrate with Joy.
Happy skiers sliding around us, music in the background,
Yet the silence of winter reflected in the snow.

Within the stillness of the mountains,
Aligned between the soft earth and majestic skies
Our tai chi celebrates our Oneness
One Sound of the snow crumpling beneath our steps.
One Breath filled with our ever present Spirit.
A moment in time when All is Unity.

Anne Marie Gent
(Kimpton, England)

