

This year again, the associations from the Phénix and Dragon School  
organize a great summer camp in a superb region in the south of France!

# EPHEDRA

## — Summer Camp —



« Combine the practice of Chinese martial arts and Qi Gong  
with a relaxing holiday in a beautiful region »

### Where ?



whether you practice martial arts or not!

The Summer Camp will take place in **Ardèche**. It is a sun-kissed, hilly region in south-central France, famous for its gorges carved out over thousands of years by the Ardèche River and known locally as the “European Grand Canyon”. With its cultural and historical sites, it will undoubtedly delight nature and history lovers. The area basks in the heat of the south tempered by cool air coming down from the mountains.

**In other words, an ideal place to spend a wonderful vacation for adults and children,**



The Summer Camp will take place at the **Capfun campsite "Le Domaine d'Imbours"**, 30 minutes by car from Montélimar, the "Gorges de l'Ardèche" and Vallon Pont d'Arc. You can consult the web page of the site here: <https://www.capfun.com/camping-france-rhone-alpes-imbours-FR.html>

We will have trainings under a large tent, which we can also use for some of our evening party activities.

### When ?

The Summer Camp takes place over 6 days, **from Saturday July 9<sup>th</sup> afternoon to Thursday July 14<sup>th</sup> evening.**

Departures from and arrivals at the campsite are on Saturdays. Tuesday 12<sup>th</sup> is a day of rest and an opportunity to visit the region a little more (possibilities of doing fun activities together for those who wish).

The instructor training will take place on Friday 15<sup>th</sup> all day and on Saturday 16<sup>th</sup> from 11 a.m. to 3 p.m.





## Children's program

Two classes of 45 min each will take place every morning. The children will thus be able to enjoy the afternoon (at the swimming pool with the slides, in the playgrounds, etc.) and have time to get fun together.



## Program for the adults

As in previous years, it will be possible to choose between the **internal way** (Taiji and Qi Gong) and the **external way** (Kung Fu), or to follow both. Thus, depending on your choice, you will be able to take up to 7 lessons each day!



The **external way** will include Nunchaku and Tanglang classes. The **internal way** will include Qi Gong Hu Yuan Gong and Taiji Quan Wudang classes. Sword and Tui Shou (push hands) classes will be open to all registrants of both ways.



And as always, it will be possible to only take part to the morning session ("**meditation and body toning**"), which will take place among the trees from 8:00 to 9:30.

Accompanying persons can either participate in the morning "Meditation and body toning" session, or simply enjoy the many activities of the campsite, swimming pools, accrobranche (tree climbing), and also explore the beautiful Ardèche.



## Accommodations

We have booked several cottages (all comfort) for 4 people in the Capfun camping "**Le Domaine d'Imbours**". The Domaine d'Imbours is a very large, hilly and wooded park. The possible walks are magnificent (walking to Saint Montan for example) and admiring the waterfall provides a great relaxing feeling.



You can reserve a full cottage, or simply reserve a place in one of them, which you will share with other participants. If you are not interested in staying in the camping place, you may, of course, also find by yourself a place to stay in the beautiful surroundings, but you may have to pay to access the campsite facilities.



In this campsite, there are 2 large, heated aquatic areas, of very good quality and a large, indoor, fun paddling pool. The accommodations are spread over large and quiet areas, and a free shuttle bus connects the upper and lower parts of the campsite.

This place is ideal for families, teenagers, and children!



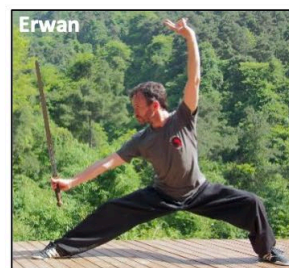
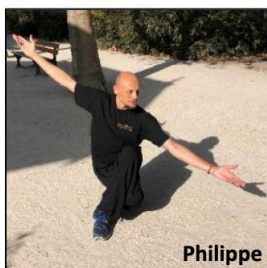
## Instructors

**Matteo Pepe-Espert** - ASCAM and APAMC clubs, Paris, France. Health professional in traditional Chinese medicine. Pedagogical director of the Parisian Academy of Chinese Martial Arts and Daoyin Qi Gong and also of the Phoenix and Dragon School. Fifth Duan from the Daoyin Yangsheng Gong center in Beijing and from the Beijing Sport University. State diploma in Kung Fu and Taiji Quan.

**Philippe Aubourg** - Yin Yang Wushu club, Asnières, France. Qi Gong, Taiji Quan and Kung fu instructor for adults and children in several associations of Phenix and Dragon School. Practices for more than 25 years. IT architect in a big company in another life, where he also leads a Qi Gong class.

**Nicolas Chef d'Hôtel** - WUSHU FENG club, Vivier, France. Primary school teacher. Technical director of the Wushu Feng Drôme-Ardèche association. State certified teacher in Kung Fu.

**Erwan Delbarre** - NOFØDRA, Oslo, Norway. Pedagogical director and main instructor (Kung Fu, Taiji Quan and Qi Gong) of the NOFØDRA association in Oslo. Practices martial arts since the age of 6. Second Duan, federal black belt in Kung Fu (France).



*(all instructors speak English)*

## Prices and seminar fee

### Cottage

The stay in a cottage for 4 people (2 bedrooms with air conditioning) costs €1242 for 7 nights and includes access to all the services of the campsite.

### Seminar fee for the week (if one third of the payment done before April 30, 2022)

- 360 € : all activities (internal AND external ways)
- 310 € : internal OR external way
- 150 € : children classes
- 100 € : meditation and body toning
- 150 € : instructors, all activities

### Seminar fee for the week (if payment done after April 30, 2022)

- 415 € : all activities (internal AND external ways)
- 360 € : internal OR external way
- 175 € : children classes
- 115 € : meditation and body toning
- 175 € : instructors, all activities

*Please note that if you can pay 100% of the fee by the 30th of April, that would be a great help for the organization since we have to pay in advance the campsite.!*

For further information and registrations please contact the Phenix and Dragon School by e-mail ([phenixetdragon@gmail.com](mailto:phenixetdragon@gmail.com)) or by phone (+33 1 40 24 02 87). You can, of course, also contact NOFØDRA by e-mail ([nofodramail@nofodra.com](mailto:nofodramail@nofodra.com)).

**We hope to see you in Ardèche this summer! And until then, we wish you a beautiful springtime.**

Kindest Regards,

**NOFØDRA and the Phenix and Dragon School**

**Phénix & École Dragon**

