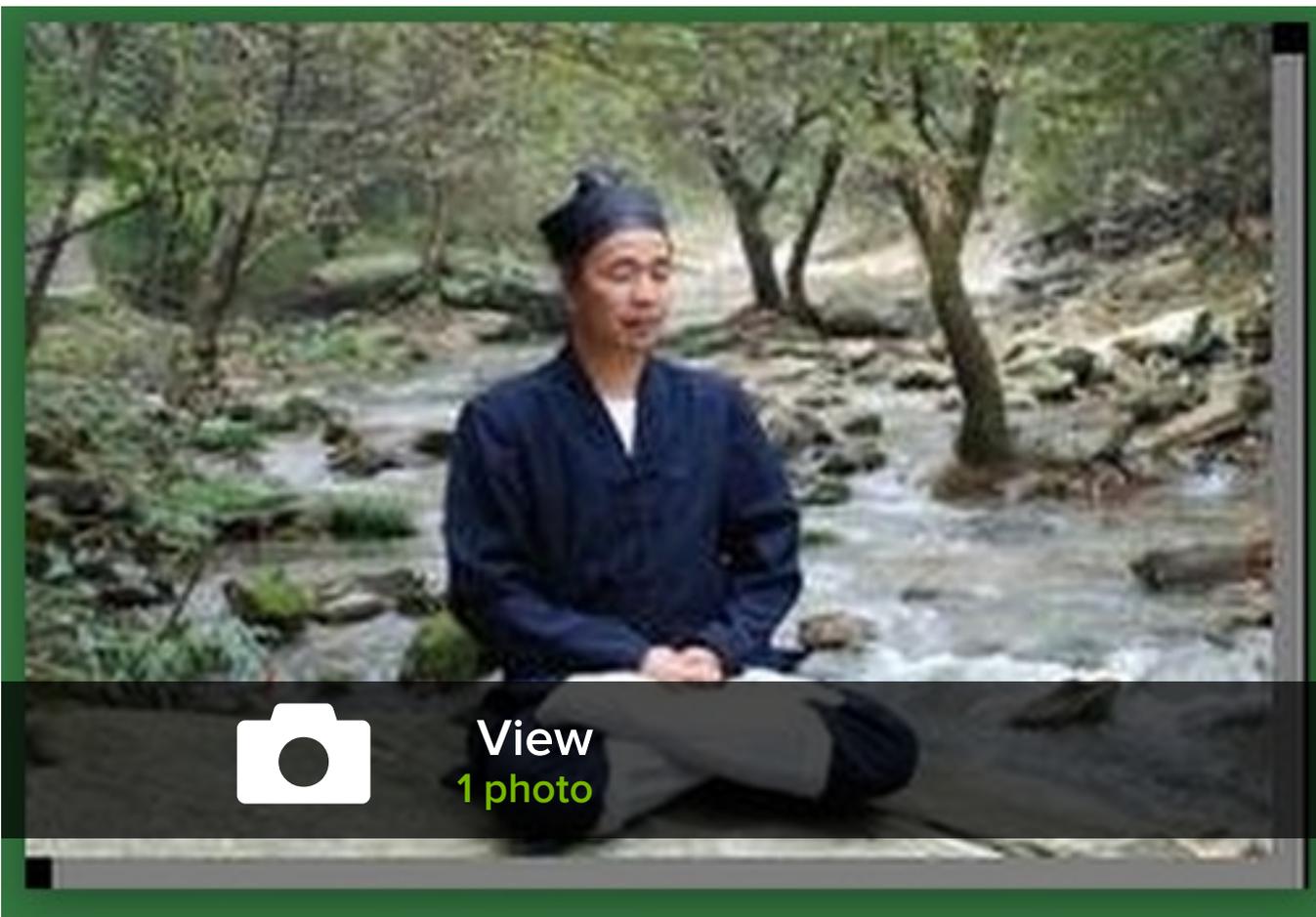


Go to Aspen Lodge for a Tai Chi or Qigong retreat

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Some say [Tai Chi](#) is natural, harmonic and organic. Practicing Tai Chi brings people closer to nature emotionally and spiritually. Now, you can do what many practitioners dream of, to go to a mountain sanctuary to practice the art in a wholesome experience. Attend a Tai Chi [retreat](#) or organize your own Tai Chi camp at the [Aspen Lodge](#) and enjoy the beauty of the Colorado Rockies.



View
1 photo

Taoist Monk and Master Chen
WuDangTao



Aspen Lodge

Estes Park is a town in Larimer County, Colorado. It is a popular resort and the location of the headquarters for Rocky Mountain National Park. Estes Park lies along the Big Thompson River and is considered one of the most beautiful national parks. Aspen Lodge Resort and Spa is nestled among 81 acres of mountain forest and it is a great getaway. You can try an array of activities offered by Estes Park and Aspen Lodge, which include fishing, boating, hiking, horseback riding, scenic touring, ice skating, wagon rides, sleigh rides, skiing, snowshoeing, mountain biking, tennis, racquetball, basketball, swimming, sauna, massage and Tai Chi.

With a generous donation from a student, the Association for Chinese American Enrichment, Inc. and other support, Daoist priest **Master Tseng Yun Xiang** (aka Master Chen) purchased Aspen Lodge Resort and Spa in April this year, a vital retreat center for teachers, practitioners, students of Tai Chi and ancient Daoist culture, music, mystical arts and for perpetuating the ancient Daoism healing arts. He welcomes the opportunity to have practitioners of all Tai Chi/**Qigong** styles host workshops and seminars there.

The lodge is over 33,000 sq ft with four conference rooms, lodge rooms and 12 cabins ranging from one to 3 bedrooms. All the lodge and cabins have been totally refurbished and remodeled with brand new bathrooms and furniture. The restaurant offers fine dining with breathtaking views of Longs Peak.

A Temple Room has been set up in the Aspen Lodge and Master Chen has been hosting Daoist services on Sundays. You can watch the videotaped versions on www.wudangtao.com. While Master Chen is busy managing this new venture and teaching Tai Chi, Qigong and Daoism, he is planning to build a traditional Daoist Temple on premises.

If you are interested to take Tai Chi and Qigong classes, be Certified as an Instructor or participate in the annual External Qi Healing Certification and Alchemy programs, visit wudangtao.com. To organize your own seminars, and personal and corporate retreats, visit aspenslodge.net for more information. If you would like a traditional Daoist wedding ceremony, Master Chen and the staff of Aspen Lodge look forward to providing you with a most unique experience.

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