

### *Jan Errit 'EarthHeart' de Vries (1946)*

Jan Errit studied Physical Education and Sport in Groningen and also Educational, Humanistic/Transpersonal & Clinical Psychology at the University there. In the early 70ties he introduced the cooperative New Games(USA) in the Netherlands and developed the 'Tao of Running/Walking', running/walking with Awareness to Higher Consciousness!

Since 1972 Tao, Taoism, T'ai Chi, Yoga and Meditation are part of his daily life. His Tao masters are Gia-fu Feng (1919-'85. [www.eheart.com](http://www.eheart.com)), Chungliang Al Huang, ([www.livingtao.org](http://www.livingtao.org)), Djie Han Thung and the sinologist Prof. Dr. Kristofer (Rik) Schipper (1934-2021, [en.wikipedia.org/wiki/Kristofer\\_Schipper](https://en.wikipedia.org/wiki/Kristofer_Schipper)). From 1976 he assisted Master Gia-fu Feng in Tao camps in Europe, USA (at 'Stillpoint') Wetmore Colorado, New Zealand and Australia.

In 1977 while teaching T'ai Chi to children in Groningen he leaves the martial art side behind and discovers 'T'ai Chi Tao and Tao Qi Gong'. In the Playshop 'Taoism Loves Laughing' we find these new aspects of Tao back as Cosmic Dance, Healing Art and Playful Drama. In the so called, 'T'ai Chi Tao Animal Song' we find all these elements back as 'PoëChi': poetry in motion! Jan Errit is a student of Hatha, Saswitha, Oki, Taoist and Tibetan Yoga during the last 50 years. The Tao Yoga and Tao Meditation are a spontaneous playful, dynamic integration in to the Eternal 'Here & Now'.

In 1984 Tao-Dolphin-Connection-Holland (TDCH) was founded in Keri Keri (NZ) at the Rainbow Dolphin Center during a full Moon Playshop! This organization promotes the integration of Dolphinicity, Tao Consciousness and Human Birth under water with Transpersonal growth. TDCH organizes Tao-Dolphin Travels to Power Places all over the world.

From 1987-2011 Jan Errit was teaching and lecturing at the University and Hanze Hogeschool for Applied Science in Groningen with T'ai Chi Tao, Tao Qi Gong, Tao Inner Sport and The Tao of Running/Walking in the departments of Sport, Dance and Culture. As an Actor/Tao-Dancer he was 'on stage' in several plays from 1989-2005. He is the father of 7 children; 3 are born under water! And Grandfather of a Grandson since August 2022!

Jan Errit teaches in Groningen, Haren, Terschelling and Amsterdam and has his private practice 'Wei Wu Wei' in Haren and Amsterdam. He has 50 years of experience as teacher/ trainer/coach/therapist to promote Altered States of Consciousness for extraordinary performance in Sport, Business and Daily Life! In 2021 Jan Errit studied with I Tjing Master Gerben Hellinga ([www.gerbenhellinga.com](http://www.gerbenhellinga.com))



#### ***Tao Retreat: Terschelling***

Theme: "TAO & the Art of Effortless Living & Dying"

***Tao Dolphin Travel to Japan / Mexico***

***Bali / Azores / South Africa***

*(for all destinations separate flyers on request)*

***'Embrace Tiger, Return to Mountain'***

J Tjing Symposium, Ruigoord, Amsterdam, 10 Juli 2010

***Tao Dolphin Connection Holland  
& Bureau TAU***  
*presents*

## ***T'ai Chi Tao, Tao QiGong & PoëChi Tao Yoga & Meditation Tao Inner Sport, The Tao of Running/Walking***

***Groningen / Amsterdam / Haren / Utrecht / Nijmegen  
Lunteren / Terschelling / Japan / Mexico / Bali  
Azores / South Africa  
September 2022 - June 2023***

### ***Playshops***

***Lessons, Individual Sessions, Retreats,  
TAO Dolphin Healing & Coaching  
Tao Dolphin Travels***



***Jan Errit 'EarthHeart' de Vries***  
*Chinese Calligraphy by Roger Rundqvist*

## The Program

In all the playshops we will play with the basic principles of these thousands years old TAOÏSTIC (Chinese) living and moving arts. It's all about the integration of posture, attitude, movement, breath, awareness and consciousness. TAOÏSM might well be the oldest continuous cosmology of the world! It developed numerous methods of breath control, relaxation, grounding and concentration. Understanding your own body (micro-cosmos), so neglected in Western Philosophy, is essential in TAOÏSM for understanding the culture (social body) and the world (cosmic body).

In the lessons we will not learn in the old mechanical way! The focus is more on TAO-learning and unlearning, which allows a process of spontaneous re-discovering of your intuitive mode of being. This will invite within you an inner process of creative images and movements. Central in these movements are: expression, creativity and being in the **'HERE and NOW'**.

As in all TAOÏSTIC traditions playfulness and wisdom are the core and key factors in the dancing with Yin & Yang! The TAI CHI TAO, TAO QIGONG, PoëChi TAO YOGA & TAO MEDITATION are ideal tools to re-discover and cultivate the Chi-Power in ourselves!

## Tao Yoga & Tao Meditation

Tao Yoga en Tao Meditation have been developed since 1970 by Jan Errit from Yoga schools and the teachings of masters from the Netherlands, Japan, China, India and Tibet. The playshops are characterized by a playful and dynamic way of dealing with yourself, others and the environment, based on the Ecology of Mind, Body and Spirit. The focus is on a loving way of observing who you are in essence, instead of what you think you are, or what others want you to be. A process of **Self actualization, Self-realization and Self-management**.

## Tao Qi Gong and the '8 Brocades' (Ba Duan Jin)

We will use the 'Opening of the Well' and T'ai Chi Tao movements as a warming up to tune body mind and spirit into relaxation, inner peace, grounding, natural breathing, coordination, power and grace. As a follow up we will learn the 8 'Silk exercises' (Brocades), the Ba Duan Jin.

## T'ai Chi Tao en Tao Qi Gong

As developed by Jan Errit 'EarthHeart', belongs to the 'Inner School' of T'ai Chi. This school focuses on soft, graceful and flowing movement, like dancing (introduction to "Wushu!", the Chinese way to family health and fitness", by Dame Margot Fonteyn, 1981).

In 1977, the 'T'ai Chi Tao Animal Song' was spontaneously born from a children's T'ai Chi Tao playshop, poetry combined with dance. Kees van Kooten coined the dutch term 'PoëChi' for this 'poetry in motion'.

## Tao Dolphin Healing / Coaching

In these individual sessions, we embark on a journey of discovery to the 'Man/Woman of Tao' in the land of Effortless Movement, Breathing and Living. Our guides will be our Own Experiences and the Tao Masters of the sea, the Dolphins, our two best teachers. By tuning into the body, you are invited to come into the **'Here and Now'**. By playing with relaxation, concentration and creative visualization we calm the mind. This way we discover our Own Inner Wisdom by following our own Soul and Salvation.

### Locations: Amsterdam

**Free Open Classes:** Monday: 05/09/22  
www.euphoriaacademy.com  
Time: 10:00 - 11:00 TAO Yoga/Meditation  
11:30 - 12:30 T'ai Chi Tao en Tao Qi Gong  
10 lessen: 12/09 - 14/11/2022  
Booking: 06 416 76 948 (Jan Errit)

### Locations: Amsterdam

**Flevo Park (2 weekly):**  
(behind the Jewish Cemetery)  
Time: 11:00 - 12:00 & 12:15 - 13:15  
Saturdays: 10/09 till 17/12/2022

### Location: Groningen, Noorder Plantsoen

Time: 14:00 - 17:30 (three playshops)  
Tuesdays: 30/08 till 20/12/2022

### Location: Haren II Hortus Haren "De Chinese Tuin"

Time: 11:00 - 12:00  
Fridays: 01/09 till 22/12/2022

### Location: Haren III (2 weekly): "Het Verborgene Rijk van Ming"

(www.hortusharen.nl)  
Time: 11:00 - 12:30  
Sundays: 04/09 till 11/12/2022

### Lessons

Price according to income  
€ 10 / 20 / 30  
per person per hour

### Individual Sessions

Price according to income  
€ 30 / 50 / 70  
per person per hour

### Tao Dolphin Healing / Coaching

Only by appointment  
Sessions; 1 hour  
Price according to income  
€ 30 / 50 / 70

Monday / time: 17:00 - 18:00  
Place: Amsterdam  
Steve Bikoplein 9II

Friday / time: 08:30 - 10:30  
Place: practice "Wei Wu Wei"  
Meerweg 25a, Haren Gn.



### Booking and Reservation (mandatory)

E: info@taoartunlimited.nl  
T: 06 416 76 948  
www.taoartunlimited.nl