

Norsk Taiji Senter China Trip

11th to 26th April 2025

IN SEARCH OF THE DAO

RESTORING THE ROOTS OF HUMANITY



BUILDING BRIDGES WITH THE BREATH

ONE BREATH ONE MIND ONE KIND

Visiting once again Beijing – Anyang – Wudangshan – Shaolin – Chengdu – Emeishan – Hemingshan

Norwegian Taiji Center has taught Taijiquan over 42 years in Norway and had 9 study tours to China. We are excited to make a return journey in search of the origins of Taijiquan and the Roots of Daoism.

Our dialogue and practice deepens with the Masters and Chinese people as we move forward with our principles of 'Softness is Stronger than Hardness' through Taijiquan to help cultivate a Culture of Peace for the World.



THE DELEGATION FROM NORWAY

PAMELA HILEY

Pamela is originally from Wales but is now a Norwegian citizen. She has been the Director of the Norwegian Taiji Centre for 42 years.

Deeply immersed in Taijiquan practice and Dao to deepen dialogue towards a culture of peace in the world. Most honoured to head this delegation of 23 students from Norway to China this Spring, our 9th delegation to date.

Immensely grateful to our Chinese Masters and organisers who have devoted their time to create and facilitate this tour of 2025.



ALLAN HILEY

Taiji- and meditation-enthusiast with a variety of interests, the leading one at the moment being guiding people back to their bodies through connecting them to the internal and external forces saturating and surrounding us at all times. Teaching taiji and meditation at Norwegian Taiji Center.

**KJELL TJENSVOLL**

60 years old, civil servant. Started Taiji practice in August 1998. Travelling to China with NTS for the 7th time and look forward to visiting familiar places and old friends. Member of the board of the Norwegian Taiji Centre.

**GUNNAR PEDERSEN**

Pensioner and active as a consultant in the company Amanda Consultancy Aps. Has been involved with Taiji for over 30 years. Hobbies: genealogy and stamp collecting. Member of the board of the Norwegian Taiji Centre.

**WENCHE BERGER**

A dedicated Taiji student and teacher. Started doing Taiji with Pamela 12 years ago. Working as accountant advisor in a non-profit organisation. Two grown up children.

**SARAH REIMANN**

Sarah has been practicing Taijiquan and Qigong for many years. She recently started learning Chinese. She has a degree in physics and works in medical research.

**SNORRE H CHRISTIANSEN**

Has practiced taiji with NTS for 10 years, happy to still discover new pleasures. He works as a professor of mathematics at the University of Oslo and has published a book of poems, some of which are inspired by Daoism.

**INGRID RODNES**

I work part time at the Norwegian Buddhist Association, and am also a pensioner. I enjoy taiji/qigong, singing in choirs, some bird watching and spending time with my family.

**SISSEL NILSEN**

I came in contact with Norwegian Tai Chi Senter for about two years ago. I am grateful for how this practise affects my life, also in my work with vulnerable children and their extended families. I am excited about what there is to discover in my further practise, and especially during the journey to China together with you all.

**ELINE VIK SKOGEN**

I work with children and language training. I have lived in Madrid, Copenhagen, and Buenos Aires for a few months. I have three younger brothers.

**MARGRETHE MAISEY**

I am an Architect with passion for process, co-working and the key to how a team functions. In search of answers to these processes I came across Taiji as it is a way of balancing energy from within. A good team works on similar principles. I have been blessed with 2 children and 2 grandchildren. They each give light in their own way. I am also a dog trainer and I find that it is very much the same as taiji. One cannot communicate with animals or nature before understanding where the energy comes from within.

**ALEKSANDER ANDERSEN**

Therapist and founder of Søvnklinikken, where he helps people with sleep problems through a physical treatment similar to acupuncture. He previously worked as a photo and video journalist, producing documentary projects from various parts of the world. Since January 2024, Aleksander has been studying Tai Chi, complementing his interest in body, health, and balance.

**JANINE KUKÉ**

Discovered Qigong in 2021 and Taiji in 2022, and just started learning the Sword Form. She enjoys the unique diversity of people in class and the peaceful energy we build together during practice. Originally from Germany, Janine moved to Norway 25 years ago.

**ELINE UTSIGT**

I love nature, pandas, and journaling. I started to learn taiji in 2018, but after a couple of years I strayed away to other things, mainly yoga, before finding my way back to taiji in January this year. I work behind a desk all day and live with my favourite human in a cozy apartment, on top of a hill near the forest in Oslo.

**CHRISTIAN TRONSTAD**

Researcher. 45 years old from Oslo, Norway. Practicing Taiji on and off for 6 years in Norsk Taiji Senter. Very interested in learning more taiji, push hands and qigong. Hobbies: Painting and rock climbing.

**FRED HALVORSEN**

I have been practicing taiji since 2019 in the search for inner peace. I am far from the goal and looks upon the search as an eternal process. Besides practicing taiji I seek to fill my life with meaning and positivity, such as spending time with family - especially grandchildren, culture - literature, music, and art, hikes in all kinds of nature summer and winter, and travels at home and abroad. I also spend a good deal of time on work for the board of Oslo naturist association and the Norwegian naturist union, as I believe that naturism's acceptance of people's diversity of bodies without the social status bearer that clothing is, also might be a path to inner peace for the individual and with it also peace and harmony between people.



JOHAN VOTVIK

I am work in a local office as a journalist for Avisya Nordland. I am a teacher of Taijiquan Yang style short form, with courses and training in my home municipality of Meløy and in Bodø. My preferred hobbies are fishing and mountain hiking, as well as hydroponic cultivation in greenhouses.



BIRTHE ARIANSEN

Practicing Midwife, for 40 years. I'm interested in TCM (Traditional Chinese Medicine) I use acupuncture myself and at work. With Master Pamela I've taken courses in Tai Chi, Qigong and now Sword form.



JULIE ERIKSEN

Last year I started to practice tai chi at the Norwegian Tai Chi Center, and I'm very happy to be back after a break of almost 15 years. I am also grateful for the opportunity to travel to China and eager to understand and learn more.



LUDMILA BELYAKOVA

Hello everyone! I was born and raised in Siberia, Russia. For 15+ years I've been working in Oil&Gas industry as an engineer. I relocated to Norway for professional purposes 2 years ago. My current area of professional interests is geothermal energy. I've been practicing Taiji for a year now and I'm enjoying this journey. My other interests are: playing piano, learning languages (I speak quite good English and French, and learning Chinese).



MARIT DA COSTA

A translator. I started practicing Taiji with Pamela at Norsk Taiji Senter about four years ago. It has been a fantastic experience. The practice has strengthening both body and mind! I will definitely continue to practice taiji in the years to come



LING POON

I have been doing tai chi for about nine years now and still enjoy. I get to relax while doing tai chi. I work as an occupational hygienist and give advice to improve safe working environments when necessary, and trying to remember to be in the chi while addressing this important issues.



THOMAS GRAMSTAD.

Working at the Science Library with student support, IT and science fiction books. Spend as much time as possible outdoors in green (pine and bush) and blue (ocean/coast) nature. Practiced taiji for 3-4 years, so just a beginner.



ØYVIND STRAND

Lives in Trondheim. Educated as an Electrical Engineer. He started with Taiji & Qigong in 2014, and has since dedicated much of his time to this.



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ITINERARY AT A GLANCE

DEPARTURE FROM OSLO

- April 11

BEIJING

- April 12 Sat
- April 13 Sun
- April 14 Mon



ANYANG

- April 15 Tues
- April 16 Wed
- April 17 Thur



DENGFENG - SHAOLIN

- April 18 Fri
- April 19 Sat

WUDANGSHAN

- April 20 Sun
- April 21 Mon
- April 22 Tue



CHENGDU - LESHAN

- April 23 Wed

EMEISHAN

- April 24 Thur

HEMINGSHAN

- April 25 Fri

CHENGDU - BEIJING

- April 26 Sat

