

# Norsk Taiji Senter Jubilee trip

## In Search of The Dao

### Wales 13th to 20th May 2023



Mount Everest receives the first drop of water from the heavens, which nourishes the Earth. Consciousness from this drop of water is the inspiration for Seeds of Silence. Water within our body is vitalised by this as we flow in our Taiji moves. We are one with nature and the call of the mountain resounds within us.

Seeds of Silence energise both the inner & outer environment.

We call it Dao Now.



## THE DELEGATION FROM NORWAY



**PAMELA HILEY** Born in Wales Pamela has dedicated her life to Taijiquan and her family over 40 years in Norway. Pamela is leading this delegation celebrating 40 years Jubilee of Taijiquan in Norway. She is honoured and delighted to be bringing family and students to her homeland Wales.



### **ALLAN HILEY**

An Electrical Engineer with interests in varying fields. He has previously run a small electricians company, made several documentary films shown on Norwegian national TV and is now in the process of starting a new company focusing on teaching sitting-, moving- and relational-meditation.



### **BJARTE HILEY**

A specialist at facilitating the transformation of peoples relationships to themselves and life through movement. He is the founder of Daomove, a method he developed to invite people into a deeper contact with their embodied experience, and let themselves be moved into bold action from that place.



### **KJELL TJENSVOLL (board member )**

58 years old and originally from Moss. Started Taiji practice with Pamela in 1998 and works for The Norwegian Health Institute.



### **HILDE BARSTAD (board member )**

Practiced taiji at Norsk Taiji Senter for over 30 years. She is currently working as director for Family Welfare Service.

**SARAH REIMANN**

(mem.ship com.)  
Has been actively training Taijiquan at NTS for several years and also become a

Taiji teacher. Besides she is working with the development of artificial intelligence in medical research.

**LING POON**

I have been doing Taijiquan for about seven years now. I work as an occupational hygienist and giving advice to improve safe

working environment when necessary and trying to remember to be in the chi while addressing this important issues.

**SIÂN GRIFFITHS**

lived in Norway for many years, and now lives in Bath, UK with her husband and cats.

She works part-time as Assistant Hospital Chaplain and runs a Christian Centering Prayer group and meditation group. She teaches online for BI Department of Culture and Communication and is grateful for being able to maintain her links with Norway and join the delegation for Thursday and Friday.

**THOMAS GRAMSTAD**

is a lover of green coastal areas, fjords, and pine trees living in Oslo. He generally follows the adage, "We do not

stop playing because we grow old; we grow old because we stop playing. Never Be the First to Get Old!"

**GUNNAR PEDERSEN  
(board member)**

Grandfather, retired, and still active with some consultancy work.

Educated as a Social Economist and polarity therapist. Started with Taiji in 1995. Hobbies: stamp collector and genealogy.

**ADRIENNE SZABO**

from Hungary spends her free time with hiking in the Norwegian nature or reading and learning languages.

Working as a Data Engineer. Her favorite welsh sentence so far is "Dw i'n hoffi coffi" and she really likes black coffee - as well as white tea :)

**ADRIAN KOZIOL**

He grew up and studied architecture in southern Germany - very close to the alps. He has been told that

there are also mountains and exciting tasks in Norway. But since he's been in Norway, he discovered that he doesn't always have to climb high to find the Grand Ultimate.

**TINKA AMUNDSEN**

Tinka is a circus performer and teacher. She spends most her time upside down. On her spare time she likes

to knit and spend time with friends and family.

**SANDRA ELVE-  
BAKKEN MYRLAND**

Service designer, designer for sustainable behavior and behavior change, facilitator,

poet and improvisational singer and songwriter. Embodiment practitioner and student of hakomi loving presence.

**HILDEGUN  
FREDRIKSEN**

I have been practicing taiji for a number of years and like to go cross country skiing,

walking in the forest and dancing Norwegian folkdances. I also do weaving and knitting and am an active member of the National Trust of Norway.

**MARIT DA COSTA**

In my profession as a translator and interpreter, I will learn something new every day about how people think and live in other places. For this I'm very grateful.

**NINA KIHLE**

Started doing taiji with Pamela in 1985. She is a dance movement therapist, and she loves singing, storytelling and playing with her two grandchildren.

**ELISABETH LUND**

Artist in the field of painting, poetry and sound. Deeply connected to nature through meditative and ritual practice.

**JANINE KUKE**

Discovered Tai Chi on her search for work-life balance and enjoys the unique diversity of people at class. What

we have in common, is the peaceful energy we build together during practice. Often arriving class stressed out of my mind, i love the peace and calm i am left with after practise. My goal is to carry this feeling of peace within myself and the rest of the world in everyday life. Born 1974 in Germany, moved to Norway 24 years ago. She works as a Graphic and UI/UX Designer, and dreams of writing a love novel once she has learned to prioritise her time.

**LARS SANDVED  
DALEN**

A Biologist and works as a Communications Officer at the Norwegian Institute of Bioeconomy Research in Ås,

south of Oslo. He has trained qigong and taiji with Pamela for five years.

**KERSTIN STEBEL**

Born in 1963 in Herne, Germany, as a single child of loving parents. After her studies of

physics, she moved far north to do research on the beautiful mother-of-pearl clouds. Still fascinated by natural sciences, she now lives in Oslo. Starting Taiji during the pandemic kept her sane during crazy times.

**SNORRE  
CHRISTIENSEN**

(mem.ship com.)

Practiced taiji for almost 10 years. He works as a professor

of mathematics at the University of Oslo and has a fondness for language from logic to poetry to the mysteries of Dao.

**ÅSNE MELHUUS**

48 and have a daughter age 9. We draw, play and do handball together, I'm a coach;) but she coaches

me as well. I love and need to sing and draw, but i also love my job as a consultant within law, developing new services.

**CARMEN CHANTEL  
BOLTEN**

I am a South African board game developer and florist who has fallen hopelessly in love with the Arctic.

**CAMILLA TELLEFSEN**

38 years old, lives in Trondheim and has enjoyed taiji practice since 2015. She is diving deeper into its principles this year as part of the Teacher Training program. Works as a Doctor in child and youth psychiatry and has a great interest in the connection between body and mind.

**ØYVIND STRAND**

40 years old, engineer and lives in Trondheim, originally coming from Kyrksæterøra. He started with Taiji & Qigong in 2014, and have since dedicated much of his time to this.

**LISBETH SKIRSTAD**

A fun-loving lady who loves to be involved in most things. Has been practicing Taiji for 6 years and is concerned with peace and balance within and between us. Works in payroll & personnel, and a qualified child welfare educator, acupuncturist and Taiji instructor. I have had a senior group at Trondheim Taijisenter.

**SIRI KATINKA VALDEZ**

age 40. I am a writer/interdisciplinary artist. Have been practicing taiji for one year.

**TORA DALSENG**

I began training at Norsk Taiji Senter about four years ago and find it interesting how this practice also changes everyday life. My background is as an artist and part time social worker.

**PHILIPP MOON**

I am originally from Korea, working as a GP in Denmark. Startet Tai Chi Quan almost 10 years ago (I don't remember). Maybe I start to feel not to be beginner anymore.

**JANE BOWSER**

Pamela and I are childhood friends. After some years apart we met up again in 2014. Pamela invited me to a TaiChi retreat in Italy. It changed my life.

**BERIT SUSRUD**

Got to know Pamela about 10 years ago and started training taiji at the Norwegian Taiji Centre. Have great joy practicing Taiji. My profession is midwife, nurse, lecturer in public health, acupuncturist, reiki master, teacher & healer.

**MEL ADAMSEN**

I am a painter and professor originally from Berkeley, California. Norway has been my home for 11 years now. I have always felt most at home in the great outdoors, in wilderness. I have a smattering of Welsh blood.

**NATALIA LALLA**

loves taiji, works as a clinical psychologist in private practice, and is a taiji teacher

**INGRID RØDNES**

Part time retired, part time employed in Norwegian Buddhist Association (Buddhistforbundet). Buddhist, training taiji and yoga, singing in choirs. Mother of 4, grandmother of 7.

**WENCHE BERGER**

(mem.ship com.) A dedicated Taiji student and teacher. Accountant in a nonprofit organization. (Kind, some would say too kind)

**MARIT KOLBERG (board member)**

Training taiji since 2004 and have attended retreats to both China and Italy. Educated in England and Australia and now work with marketing for an international company.

## Building Bridges with Breath

### One Breath One Mind One Kind

**MS INGEBORG BREINES - SPEAKER AT THE CONFERENCE**

Ingeborg Breines has a humanistic education in philosophy, French literature, history of ideas and history of the arts with a MA from the University of Nantes and master (cand.philol) from the University of Oslo. She has background from teaching and from the Norwegian National Council for Innovation in Education. She served as Secretary-General of the Norwegian National Commission for UNESCO before joining UNESCO Headquarters, where she first held the position as Special Adviser to the Director-General on Women and Gender, then as Director of the Women and the Culture of Peace Program.

Subsequently she was appointed Director of the UNESCO Office in Islamabad and the UNESCO Liaison Office in Geneva. After retirement from UNESCO she was for some three years Director of Nordland Academy for Arts and Sciences, Northern Norway. Ingeborg Breines has served on a broad range of boards and committees. She has authored, co-authored or edited publications notably on gender issues, conflict resolution and a culture of peace, e.g. for UNESCO: "Towards a Women's Agenda for a culture of Peace", "Male roles, Masculinities and Violence. A culture of Peace Perspective" and "Building the foundations of peace. 60 women for the 60 years of UNESCO". Her book: A culture of peace. Utopia or alternative security policy? will be out in the spring 2023. She served two period as co-president of the International Peace Bureau, IPB, Geneva. She is advisor to e.g. OtherNews, the University of Non-violence, Lebanon and the secretariat of the Nobel Summits. She has also close relations with Norwegian peace organizations e.g from the board of the UN Association, WILPF, the Forum on Development and Environment and the Peace Alliance.



## ITINERARY NORWEGIAN TAIJI CENTRE 13TH-20TH MAY 2023 WALES

### 13th May Departure from Norway

2:30 pm – Meet at "Norwegian Meeting Point" for check-in with Norwegian DY1308 Oslo: 16:40 Gatwick: 18:00  
Bus to Cardiff approximately 3 ½ hours to Cardiff Clayton Hotel

### 14th May - Exploring

8:30 am – Bus leaves for Big Pit National Coal Museum with Seeds of Silence practice.  
12:40 pm – Steam Train.  
1:45 pm – Bus leaves for to Bridgend (Pamela's hometown).  
3:00 pm – Reception at the Methodist Church with Jane Bowser.  
5:00 pm – Return to Cardiff and the evening free.

### 15th May - Exploring

8:30am – Bus leaves for Brecon Beacons Seeds of Silence practice, tree planting. Talk on the National Park with Aled Jones, Chair of the National Park Authorities.  
1 ½ hour walk in the Brecon Beacons National Park - Explore the visitors Centre.  
5:00 pm – Return to Cardiff and the evening free.

### 16th May - Exploring

8:30 am – Bus for National Botanical Garden United Nations Day of Living Together in Peace, Seeds of Silence practice.  
7:15 pm – Bus to Jubilee Dinner at the St. Davids Hotel.

### 17 mai frokost! HURRAAAAA

9:15 am – Bus leaves for St. Fagans Welsh Folk Museum with Seeds of Silence.  
1:15 pm – Bus leaves St. Fagans for Tour of the Welsh Parliament Senedd 2 pm with Seeds of Silence  
4:30 pm – Meet at Millennium Centre with flag for 17. mai tog to Norwegian Church in Cardiff Bay. Ja vi elsker!  
Free evening.

### 18th May

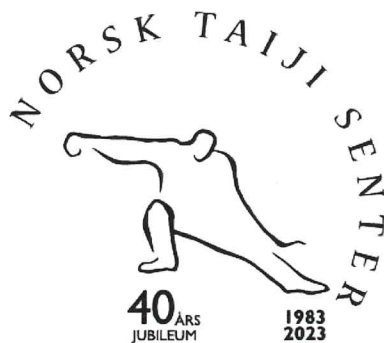
9:00 am to 5:00 pm – Welsh Temple of Peace pre-conference teaching with Pamela and local Taiji Master Richard Farmer.  
Rose Bush Ceremony in Garden of Peace with WCIA

### 19th May - Conference Day

9:00 am - 4:30 pm Global Conference "New Perspectives and Learning on the Nature and Practice of Peace".  
6:00 pm - 8:00 pm Jubilee Celebratory Reception with our hosts WCIA - Cultural performances from Wales and Norway.

### 20th May - Departure

9:00 am – Visit Cardiff Castle or free time for shopping.  
1:00 pm – Leaving from Cardiff museum to arrive at Gatwick Airport for our flight home.  
Norwegian DYI 309 London: 18:40/Oslo: 21:45



Restoring the  
Roots of Humanity!

