

Tai Chi Residential weekend 15th-17th September 2017



**A Tai Chi residential seminar weekend
from Friday afternoon through to
Sunday afternoon - an opportunity to
learn, explore and develop your Tai Chi
in a quiet relaxed atmosphere**

**Includes tuition with full board plus morning and
afternoon tea**



**Classes in Chen
Laojia form,
Broadsword
form, Chi Kung,
Tai Chi exercises**



**- silk reeling,
Partner work
and Push Hands**



Open to existing students plus anyone with previous experience of Tai Chi

Class restricted to 12 people. Cost: £290 (en-suite)

Late booking fee of £30 after 1st August

Venue: Belsey Bridge, Ditchingham, Bungay, Suffolk, NR35 2DZ

www.cct.org.uk/belsey-bridge/introduction

To book call Ian Deavin on 01462 621970, email: ian@sheffordtaichi.org