

Tai Chi & Alexander Technique Seminars:

Sunday 5th March, 16th July & 12th November 2017, 9.30-12.30



2-day Retreat

12th—14th May 2017, a weekend

Retreat/Workshop in the

quiet Suffolk Countryside, £290.

Contact Ian on ian@sheffordtaichi.org

Telephone: 07860 218334



Widely experienced Alexander teacher Judy Hammond and long-term Tai Chi instructor Ian Deavin have created a program of physical and mental exercises suitable for both complete beginners seeking a retreat weekend, or for more experienced exercisers looking to “workshop” their mind and body development.

A program of 3 individual seminars in 2017 covering:

- Exercises
- Spiralling movement
- Qigong
- Mindfulness
- Meditation
- Tai Chi Principles
- Alexander Principles



Venue: The Letchworth Centre for Healthy Living, Rosehill Hospital, Hitchin Road
Letchworth, Hertfordshire, SG6 3NA

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Cost: £45 per seminar for bookings up to 1 week before each seminar. £55 after.

To book: telephone 01462 678804. Please wear suitable loose clothing and flat soled trainers or similar