



Autumn Term 2018

10 week term starts Saturday 1st September

(Break from 13 - 26 October & 16 - 25 November)

Monday	5:15 – 6:45pm	Spiralling Dragon Taiji	£155/135
Monday	7:00 – 9:00pm	The Master Game	£170/£150
Wednesday	7:30 – 8:30am	Taiji Meditation <i>(Taiji students only)</i>	£10 drop in
Thursday	10am – 12:00	Qigong & Daoyin Meditation	£170/£150
Thursday	5:15 – 6:45pm	Spiralling Dragon Taiji	£155/135
Thursday	7:00 – 9:00pm	Qigong & Daoyin Meditation	£170/£150
Friday	7:00 – 9:00pm	Master Game Intensive	£170/£150
Saturday	8:00 – 10:00am	Qigong & Daoyin Meditation	£170/£150

November Retreat

Cardy Net House, Lower Largo

16 – 25 November £800

This also includes a retreat integration day at

Gathering Essence on Sunday 9th December