



## September - December 2019

10 week term starts 7<sup>th</sup> September last class 14<sup>th</sup> December  
(Break from 13<sup>th</sup> – 27<sup>th</sup> October & 22<sup>nd</sup> – 30<sup>th</sup> November)

Monday	5:15 – 6:45pm	Spiralling Dragon Taiji	£155/135
Monday	7:00 – 9:00pm	The Master Game	£170/£150
Tuesday	7:00 – 8:30pm	Beginners Qigong	£155/135
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

## Beginner's Class

Qigong Fundamentals – Meditation in Action

New class on Tuesday evenings, first term is half price.

## Weekend Workshop

28<sup>th</sup> & 29<sup>th</sup> September 10am – 5pm £150

## November Retreat

Cardy Net House, Lower Largo

22<sup>nd</sup> – 29<sup>th</sup> November £800

(Includes Retreat integration day 8<sup>th</sup> December)