



JANUARY - APRIL 2019

10 week term starts 12th January, last class 6th April
(Break from 11 – 24 February)

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

Weekend Workshop

The Master Game

2nd & 3rd February 10am – 5pm £135

Spring Retreat

Cardy Net House, Lower Largo

27th April – 4th May £800