



January - April 2020

10 week term starts 11th January, last class 3rd April
(Break from 10th – 22nd February)

Monday	5:15 – 6:45pm	Spiralling Dragon Taiji	£160/140
Monday	7:00 – 9:00pm	The Master Game	£175/£155
Tuesday	7:00 – 8:30pm	Qigong Fundamentals	£160/140
Wednesday	7:30 – 8:30am	Taiji Development (<i>Taiji students only</i>)	£10 drop in
Thursday	10am – 12:00	Qigong & Daoyin Meditation	£175/£155
Thursday	7:00 – 9:00pm	Qigong & Daoyin Meditation	£175/£155
Friday	7:00 – 9:00pm	Master Game Intensive	£175/£155
Saturday	8:00 – 10:00am	Qigong & Daoyin Meditation	£175/£155

Beginner's Class

Qigong Fundamentals – Meditation in Action
Tuesday evenings class, first term is half price.

Weekend Workshop

22nd & 23rd February 10am – 5pm £165

Spring Retreat

Cardy Net House, Lower Largo

25th April – 2nd May £825

(Includes Retreat integration day 10th May)