



May – August 2020

10 week term starts 16th May, last class 7th August

(Break from 29th June – 12th July)

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
Thursday	10am – 12:00	Qigong & Daoyin Meditation	£175/£155
Thursday	5:30 – 6:30pm	Taiji – Advanced	£100
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
Saturday	10:15 – 11:15	Daoyin ■ Floor form	£100

Beginner's Class

Qigong Fundamentals – Meditation in Action

Tuesday evening class, first term is half price.

November Retreat

Cardy Net House, Lower Largo

13th – 22nd November £850