

Tai Chi & Qigong Classes

- Spring 2022 -

Monday 28th February – Friday 8th April (6 weeks)

Try the 1st class for £5: Applies to any class that you don't normally take; this is then deducted from the course fee.

More than 1 class a week: The 1st course is charged at full rate; the additional course is **50%** of the course fee.

BASIL JELICOE HALL: *Drummond Crescent, London NW1 1LE.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 32-Step Sword	All levels	Monday	28 th Feb.	4 th Apr.	6	6.05-7.00pm	£78
Yang 24-Step	All levels		28 th Feb.	4 th Apr.	6	7.05-8.00pm	£78
Qigong & Meditation	All levels		28 th Feb.	4 th Apr.	6	8.05-9.00pm	£78
Yang 18-Step Fan Form	All levels	Tuesday	1 st Mar.	5 th Apr.	6	6.05-7.00pm	£78
42-Step Tai Chi Form	Intermediate/Adv.		1 st Mar.	5 th Apr.	6	7.05-8.00pm	£78
Push Hands/Applications/2-Person**	All levels		1 st Mar.	5 th Apr.	6	8.05-9.00pm	£78

** See note below

ZOOM ONLINE – These classes will be recorded and can be accessed if you miss the class.

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16-Step (continuing)	All levels	Tuesday	1 st Mar.	5 th Apr.	6	12.00-12.55pm	£78
Qigong & Meditation	All levels	Wednesday	2 nd Mar.	6 th Apr.	6	5.00-5.55pm	£78

East Finchley: *East Finchley Methodist Hall, 197 High Road, N2 8AJ.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step / Qigong	All levels	Wednesday	2 nd Mar.	6 th Apr.	6	12.00-12.55pm	£78
Yang 10-Step / Qigong	All levels		2 nd Mar.	6 th Apr.	6	1.00-1.55pm	£78

Sevenoaks: (1) *Vine Baptist Church Hall: Park Lane, Sevenoaks, TN13 3UP. (Thursday evenings).*
 (2) *St. Luke's Church Hall: Eardley Road, Sevenoaks, TN13 1XT. (Thursdays & Fridays - daytime).*

Venue	Form	Standard	Day	Starts	Ends	Wks	Time	Cost
St. Luke's	Yang 10 Form / Qigong	All levels	Thursday	3 rd Mar.	7 th Apr.	6	3.00-3.55pm	£78
Vine B.Ch.	Yang 32-Step Sword	Intermediate/Adv.		3 rd Mar.	7 th Apr.	6	6.35-7.30pm	£78
Vine B.Ch.	Yang 24-Step	All levels		3 rd Mar.	7 th Apr.	6	7.35-8.30pm	£78
Vine B.Ch.	Qigong & Meditation	All levels		3 rd Mar.	7 th Apr.	6	8.35-9.30pm	£78
St. Luke's	Yang 16 Form / Qigong	All levels	Friday	4 th Mar.	8 th Apr.	6	12.05-1.00pm	£78

New Ash Green: *The Village Hall, Centre Road, New Ash Green, Longfield, Kent, DA3 8HH.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16-Step / Qigong	All levels	Friday	4 th Mar.	8 th Apr.	6	9.00-9.55am	£78
Yang 24 Form / Qigong	All levels		4 th Mar.	8 th Apr.	6	10.00-10.55am	£78

The Abbey Community Association: *34 Great Smith Street, SW1P 3BU.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
2 person exercises: developing sensitivity practising being centred	All levels	Saturdays Once a month	Mar. 5 th / Apr. 2 nd / May 7 th / June 11 th			10am-1pm	£35

t.: 020-8883 3308 / 07836-710281

e: james@taiji.co.uk

www.taiji.co.uk

www.qigonghealth.co.uk

BEGINNERS:

You are welcome to try a sword class, but bear in mind that they are a little harder than other 'hand form' classes. However, the Fan Form is slightly easier (as well as being very entertaining!).

If in doubt as to which class to either try out or join, please either ring or email me and we can discuss it.

**** TUESDAY 8.05pm INFO:**

Push Hands/Applications/2-Person	All levels	Tuesday	7 th Sept.	7 th Dec.	13 weeks	8.05-9.00pm	£156
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This course will focus on

- The use of the movements in Tai Chi Form (applications)
- Applying the movements so that you maintain your own integrity (centre of balance)
- Finding & working from the centre/core/Dantian
- Developing the sense of 'feel' when working with someone else
- Connecting your centre to your hands
- Turning a partner's energy around so as to unbalance him/her
- We might also use some parts of 2-Person Forms in order to explain applications

This class does *not* focus on learning sets of movements as other classes do.