

Tai Chi & Qigong Classes – Spring 2020

Monday 6th January – Friday 3rd April

**** NO CLASSES ON: Half-Term: Monday 17th - Friday 21st February incl. ****

Try any 1-hour class for £5: And if you join the course after the start of the term, there's no charge for the missed classes.

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

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16 Sword	Beg./Int./Adv.	Monday	6 th Jan.	30 th Mar.	12	6.05-7.00pm	£156
Yang 24-Step	Beg./Int./Adv.		6 th Jan.	30 th Mar.	12	7.05-8.00pm	£156
Qigong & Meditation	Beg./Int./Adv.		6 th Jan.	30 th Mar.	12	8.05-9.00pm	£156

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step	Intermediate/Advanced	Tuesday	7 th Jan.	31 st Mar.	12	12.05-1.00pm	£156
Yang 24-Step	Beginner/Intermediate	Tuesday	7 th Jan.	31 st Mar.	12	1.05-2.00pm	£156
Yang 16/Qigong	Beg./Int. : Over-50s	Tuesday	7 th Jan.	31 st Mar.	12	2.45-3.45pm	£N/A
Dui Lian/Push Hands	All levels	Saturdays	Once a month: Jan. 11 th / Feb. 8 th / Mar. 7 th / Apr. 4 th / May 9 th			10am-1pm	£35

MARIA FIDELIS: *1-39 Drummond Crescent, London NW1 1LY.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang Broadsword	Beginners	Tuesday	7 th Jan.	31 st Mar.	12	6.05-7.00pm	£156
Yang 16-Step	Beginners		7 th Jan.	31 st Mar.	12	7.05-8.00pm	£156
13 Principles & 2-Person	Beg./Int./Adv.		7 th Jan.	31 st Mar.	12	8.05-9.00pm	£156

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16-Step / Qigong	All levels	Wednesday	8 th Jan.	1 st Apr.	12	12.00-12.55pm	£156
Yang 10-Step / Qigong	All levels	Wednesday	8 th Jan.	1 st Apr.	12	1.00-1.55pm	£156
Yang 10-Step / Qigong	Beginner	Wednesday	8 th Jan.	1 st Apr.	12	6.00-6.55pm	£156
Qigong & Meditation	All levels	Wednesday	8 th Jan.	1 st Apr.	12	7.00-7.55pm	£156

Sevenoaks:

- (1) **Manor Clinic:** 165 High Street, Sevenoaks, TN13 1XJ (**Thurs.**).
- (2) **The Knole Academy:** Bradbourne Vale Road, Sevenoaks, TN13 3LE. (**Thurs.**).
- (3) **St.Luke's Church Hall:** Eardley Road, Sevenoaks, TN13 1XT. (**Fri.**).

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
1. Yang 10 Form / Qigong	All levels	Thursday	9 th Jan.	2 nd Apr.	12	3.00-3.55pm	£156
2. Yang Broadsword	All levels	Thursday	9 th Jan.	2 nd Apr.	12	6.35-7.30pm	£156
2. Yang 24-Step	Beg./Int./Adv.	Thursday	9 th Jan.	2 nd Apr.	12	7.35-8.30pm	£156
2. Qigong & Meditation	Beg./Int./Adv.	Thursday	9 th Jan.	2 nd Apr.	12	8.35-9.30pm	£156
3. Yang 16 Form / Qigong	Beg./Int.	Friday	10 th Jan.	3 rd Apr.	12	12.05-1.00pm	£156

Longfield: *The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 10 Form / Qigong	Beg./Int.	Friday	10 th Jan.	3 rd Apr.	12	8.00-8.55am	£156
Yang 16-Step / Qigong	Intermediate	Friday	10 th Jan.	3 rd Apr.	12	9.05-10.00am	£156
Yang 10 Form / Qigong	Beg./Int.	Friday	10 th Jan.	3 rd Apr.	12	10.10-11.05am	£156

Notes on the Spring 2020 Classes

N.B.: ** **Beginners:** If you are unsure which class to join, please contact me to discuss it. **

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

Form	Standard	Day/Time	Notes
Yang 16 Sword	Beg./Int./Adv.	Mon. 6.05	A very short Tai Chi Sword Form. Excellent for beginners.
Yang 24-Step	Beg./Int./Adv.	Mon. 7.05	Two groups – 1) Beginners, and 2) Intermediate/Advanced.
Qigong & Meditation	Beg./Int./Adv.	Mon. 8.05	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.

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

Form	Standard	Day/Time	Notes
Yang 24-Step	Int./Adv.	Tues. 12.05	The 2 nd half of the Yang 24-Step Form.
Yang 24-Step / Qigong	Beginners	Tues. 1.05	The 1 st half of the Yang 24-Step Form, as well as a set of Qigong exercises.
Yang 16 / Qigong	Beg. 50s+	Tues. 2.45	1) The Yang 16-step tai chi form; 2) a set of Qigong exercises.
Dui Lian 2-person Exercises	All levels (incl. Beg.)	Saturdays 10am-1pm	How to work with another person in tai chi. 2-person exercises; the 'Applications' Form; and how to sense another person's energy.

MARIA FIDELIS: *1-39 Drummond Crescent, London NW1 1LY.*

Form	Standard	Day/Time	Notes
Yang Broadsword	Beginners	Tues. 6.05	Beginners welcome.
Yang 16-Step	Beginners	Tues. 7.05	A set of Qigong exercises & the Yang 16-Step Form from the beginning.
13 Principles & 2-Person	All levels	Tues. 8.05	This class is open to all levels including beginners. It is not so much about tai chi Form, as about techniques/skills using 2-person exercises.

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

Form	Standard	Day/Time	Notes
Yang 16-Step/Qigong	All levels	Wed. 12.00	Qigong exercises & the Yang 16-Step Form.
Yang 10-Step/Qigong	All levels	Wed. 1.00	Good for beginners; breathing, balance, coordination, posture, mobility.
Yang 10-Step/Qigong	Beginners	Wed. 6.00	Good for beginners; breathing, balance, coordination, posture, mobility.
Qigong & Meditation	All levels	Wed. 7.00	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.

Sevenoaks: *Manor Clinic & The Knole Academy (Thursdays); St. Luke's Church Hall (Fridays).*

Form	Standard	Day/Time	Notes
Yang 10-Step/Qigong (Manor Clinic)	Beg./Int.	Thurs. 3.00	Qigong exercises & Yang 10-Step tai chi: This is for all levels, and particularly good for anyone who would like to start tai chi.
Broadsword (Knole)	Beg./Int.	Thurs. 6.35	A short form for the Broadsword or Sabre. This is open to all levels, and beginners are welcome.
Yang 24-Step (Knole)	Beg./Int./Adv.	Thurs. 7.35	Beginners: 1 st half of the Form. Int./Adv.: 2 nd half of the Form.
Qigong/Meditation (Knole Academy)	Beg./Int./Adv.	Thurs. 8.35	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body; relaxation and focus.
Yang 16 Form (St. Luke's)	Beg./Int./Adv.	Fri. 12.05	A set of Qigong exercises & the Yang 16-Step Form.

Longfield: *The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.*

Form	Standard	Day/Time	Notes
Yang 10-Step / Qigong	Beginner	Fri. 8.00am	Qigong & health exercises & a short tai chi Form.
Yang 16-Step / Qigong	Beg./Int..	Fri. 9.05am	Qigong exercises & a tai chi Form. If you've done some tai chi before, you are welcome to try out this class.
Yang 10-Step / Qigong	Beg./Int..	Fri. 10.10am	Qigong & health exercises & a short tai chi Form.

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