

Tai Chi & Qigong Classes *Face2Face & Zoom(x2)*

– Autumn 2021 –

Monday 6th September – Friday 10th December (13 weeks)

**** Half Term: Monday 25th – Friday 29th October (no classes) ****

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 JELLCOE HALL: *Drummond Crescent, London NW1 1LE.*

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16 Sword	All levels	Monday	6 th Sept.	6 th Dec.	13	6.05-7.00pm	£156
Yang 24-Step	All levels		6 th Sept.	6 th Dec.	13	7.05-8.00pm	£156
Qigong & Meditation	All levels		6 th Sept.	6 th Dec.	13	8.05-9.00pm	£156
Yang Broadsword	All levels	Tuesday	7 th Sept.	14 th Dec.*	13	6.05-7.00pm	£156
42-Step Tai Chi Form	Intermediate/Adv.		7 th Sept.	14 th Dec.*	13	7.05-8.00pm	£156
Push Hands/Applications/2-Person**	All levels		7 th Sept.	14 th Dec.*	13	8.05-9.00pm	£156

** 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	All levels	Tuesday	7 th Sept.	14 th Dec.*	13	12.00-1.00pm	£156
Qigong & Meditation	All levels	Wednesday	8 th Sept.	8 th Dec.	13	6.30-7.30pm	£156

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	8 th Sept.	8 th Dec.	13	12.00-12.55pm	£156
Yang 10-Step / Qigong	All levels		8 th Sept.	8 th Dec.	13	1.00-1.55pm	£156

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	9 th Sept.	9 th Dec.	13	3.00-3.55pm	£156
Vine B.Ch.	Yang Broadsword	Intermediate/Adv.		9 th Sept.	9 th Dec.	13	6.35-7.30pm	£156
Vine B.Ch.	Yang 24-Step	All levels		9 th Sept.	9 th Dec.	13	7.35-8.30pm	£156
Vine B.Ch.	Qigong & Meditation	All levels		9 th Sept.	9 th Dec.	13	8.35-9.30pm	£156
St. Luke's	Yang 16 Form / Qigong	All levels	Friday	10 th Sept.	10 th Dec.	13	12.05-1.00pm	£156

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 10 Form / Qigong	All levels	Friday	10 th Sept.	10 th Dec.	13	8.00-8.55am	£156
Yang 16-Step / Qigong	All levels		10 th Sept.	10 th Dec.	13	9.00-9.55am	£156
Yang 24 Form / Qigong	All levels		10 th Sept.	10 th Dec.	13	10.00-10.55am	£156

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	Sept. 11 th / Oct. 9 th / Nov. 6 th / Dec. 4 th			10am-1pm	£35

t.: 020-8883 3308 / 07836-710281

e: james@taiji.co.uk

www.taiji.co.uk

www.qigonghealth.co.uk

BEGINNERS:

Avoid the sword classes, if possible, but other than that, you can join any class – and even the sword classes if you’ve had previous martial arts experience.

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

*** TUESDAY CLASSES** will finish on the following week because of a family wedding on 28th September.

**** 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 of the 2-Person Dui Lian Form in order to explain applications