

Tai Chi & Qigong Zoom & Face2Face Classes

- Summer 2021 -

ZOOM: Tuesday 22nd June – Wednesday 14th July (4 weeks)

FACE2FACE: Monday 19th July – Friday 30th July (2 weeks)

Try the 1st class for £5: If you join a course after the start of the term, videos of missed Zoom classes are available.

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

VIDEOS:

If you sign up for a Zoom course, you will have access to videos of all the classes, so if you miss a class, you will still be able to use the video.

BEGINNERS:

You can try out any class for £5 which is deducted from the course fee if you decide to go ahead with the course; if you like, you can try out both classes on the first week (£5 per class).

COST OF COURSES:

If you only want Zoom classes, this is a 6-week course and the cost is £78 for 1 course, or £117 for 2 courses in the week.

If you only want Face2Face, this is a 2-week course (!), and the cost is below on the 2nd timetable (i.e. £26). As usual, if you want to do more than one class per week, you only pay 50% of the other classes.

1. ZOOM VENUE: Your own home.... (live-streamed or on video)

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step Tai Chi	All levels	Tuesday	22 nd June	13 th July	4	6.30-7.30pm	See above
<ul style="list-style-type: none"> 1) a set of 'moving' Qigong*, and 2) the Yang 24-Step Form continuing from previous classes. 							
Qigong & Meditation	All levels	Wednesday	23 rd June	14 th July	4	12.00-1.00pm	See above
<ul style="list-style-type: none"> Breathing techniques, Zhan Zhuang Qigong, and 'internal' techniques such as the circulation of energy. 							

(See next page for the last 2 weeks of Face2Face classes)

2. FACE2FACE VENUES (Sevenoaks & Longfield changes are below*)

* Manor Clinic now at St. Luke's Church Hall

* Knole Academy now at Vine Baptist Church

* Longfield Int. Care Centre now at New Ash Green Village Hall

Monday 19th July – Friday 30th July

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 16 Sword	All levels	Monday	19 th July	26 th July	2	6.05-7.00pm	£26
Yang 24-Step	All levels		19 th July	26 th July	2	7.05-8.00pm	£26
Qigong & Meditation	All levels		19 th July	26 th July	2	8.05-9.00pm	£26
Yang Broadsword	All levels	Tuesday	20 th July	27 th July	2	6.05-7.00pm	£26
42-Step Tai Chi Form	All levels		20 th July	27 th July	2	7.05-8.00pm	£26
Push Hands/Applications/2-Person	All levels		20 th July	27 th July	2	8.05-9.00pm	£26

ZOOM ONLINE

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step continuation	All levels	Tuesday	20 th July	27 th July	2	6.30-7.30pm	See above
Qigong & Meditation	All levels	Wednesday	21 st July	28 th July	2	12.00-1.00pm	See above

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	21 st July	28 th July	2	12.00-12.55pm	£26
Yang 10-Step / Qigong	All levels		21 st July	28 th July	2	1.00-1.55pm	£26

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	22 nd July	29 th July	2	3.00-3.55pm	£26
Vine B.Ch.	Yang Broadsword	All levels		22 nd July	29 th July	2	6.35-7.30pm	£26
Vine B.Ch.	Yang 24-Step	Beg./Int./Adv.		22 nd July	29 th July	2	7.35-8.30pm	£26
Vine B.Ch.	Qigong & Meditation	Beg./Int./Adv.		22 nd July	29 th July	2	8.35-9.30pm	£26
St.Luke's	Yang 16 Form / Qigong	Beg./Int.	Friday	23 rd July	30 th July	2	12.05-1.00pm	£26

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	23 rd July	30 th July	2	8.00-8.55am	£26
Yang 16-Step / Qigong	All levels		23 rd July	30 th July	2	9.05-10.00am	£26
Yang 24 Form / Qigong	All levels		23 rd July	30 th July	2	10.10-11.05am	£26

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Dui Lian/Push Hands	All levels	Saturdays Once a month	Jul. 31 st / Sept. 11 th / Oct. 9 th / Nov. 6 th / Dec. 4 th			10am-1pm	£35