

Tai Chi & Qigong Classes – Autumn 2020

Monday 7th September – Friday 11th December

**** NO CLASSES ON: Half-Term: Monday 26th - Friday 30th October 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. * *N.B. Change of Tuesday evening venue* *

| Form | Standard | Day | Starts | Ends | Wks | Time | Cost |
|--------------------------|----------------|---------|-----------------------|----------------------|-----|--------------------|------|
| Yang 16 Sword | Beg./Int./Adv. | Monday | 7 th Sept. | 7 th Dec. | 13 | 6.05-7.00pm | £169 |
| Yang 24-Step | Beg./Int./Adv. | | 7 th Sept. | 7 th Dec. | 13 | 7.05-8.00pm | £169 |
| Qigong & Meditation | Beg./Int./Adv. | | 7 th Sept. | 7 th Dec. | 13 | 8.05-9.00pm | £169 |
| Yang Broadsword | Beginners | Tuesday | 8 th Sept. | 8 th Dec. | 13 | 6.05-7.00pm | £169 |
| Yang 16-Step | Beginners | | 8 th Sept. | 8 th Dec. | 13 | <u>7.05-8.00pm</u> | £169 |
| 13 Principles & 2-Person | Beg./Int./Adv. | | 8 th Sept. | 8 th Dec. | 13 | <u>8.05-9.00pm</u> | £169 |

Live-Stream Classes: *Online classes with video backup*

| Form | Standard | Day | Starts | Ends | Wks | Time | Cost |
|------|------------|-----|--------|------|-----|------|------|
| TBC | All levels | TBC | | | 13 | | TBC |
| TBC | All levels | TBC | | | 13 | | TBC |

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 | 9 th Sept. | 9 th Dec. | 13 | 12.00-12.55pm | £169 |
| Yang 10-Step / Qigong | All levels | Wednesday | 9 th Sept. | 9 th Dec. | 13 | 1.00-1.55pm | £169 |
| Yang 10-Step / Qigong | Beginner | Wednesday | 9 th Sept. | 9 th Dec. | 13 | 6.00-6.55pm | £169 |
| Qigong & Meditation | All levels | Wednesday | 9 th Sept. | 9 th Dec. | 13 | 7.00-7.55pm | £169 |

Sevenoaks: (1) **St. Luke's Church Hall:** Eardley Road, TN13 1XT. (**Thurs. & Fri.**). **** N.B. THURS. CHANGE OF VENUE ****
 (2) **The Knole Academy:** Bradbourne Vale Road, TN13 3LE. (**Thursday**).

| Form | Standard | Day | Starts | Ends | Wks | Time | Cost |
|--------------------------|----------------|----------|------------------------|-----------------------|-----|--------------|------|
| 1. Yang 10 Form / Qigong | All levels | Thursday | 10 th Sept. | 10 th Dec. | 13 | 3.00-3.55pm | £169 |
| 2. Yang Broadsword | All levels | Thursday | 10 th Sept. | 10 th Dec. | 13 | 6.35-7.30pm | £169 |
| 2. Yang 24-Step | Beg./Int./Adv. | Thursday | 10 th Sept. | 10 th Dec. | 13 | 7.35-8.30pm | £169 |
| 2. Qigong & Meditation | Beg./Int./Adv. | Thursday | 10 th Sept. | 10 th Dec. | 13 | 8.35-9.30pm | £169 |
| 3. Yang 16 Form / Qigong | Beg./Int. | Friday | 11 th Sept. | 11 th Dec. | 13 | 12.05-1.00pm | £169 |

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 | 11 th Sept. | 11 th Dec. | 13 | 8.00-8.55am | £169 |
| Yang 16-Step / Qigong | Intermediate | Friday | 11 th Sept. | 11 th Dec. | 13 | 9.05-10.00am | £169 |
| Yang 10 Form / Qigong | Beg./Int. | Friday | 11 th Sept. | 11 th Dec. | 13 | 10.10-11.05am | £169 |

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: Sept. 12 th / Oct. 10 th / Nov. 7 th / Dec. 12 th | | | 10am-1pm | £35 |

Notes on the Autumn 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. * **N.B. Change of Tuesday evening venue** *

| 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. |
| 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. |

Live-Stream Classes: Online classes with video backup

| Form | Standard | Day | Starts | Ends | Wks | Time | Cost |
|------|------------|-----|--------|------|-----|------|------|
| TBC | All levels | TBC | | | 13 | | TBC |
| TBC | All levels | TBC | | | 13 | | TBC |

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: The Knole Academy & St. Luke's Church (Thursdays) ** **CHANGE OF VENUE** **; St. Luke's Church (Fridays).

| Form | Standard | Day/Time | Notes |
|-----------------------------------|----------------|-------------|--|
| Yang 10-Step/Qigong (St. Luke's) | 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. |

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

| Form | Standard | Day/Time | Notes |
|-----------------------------|-------------------------|--------------------|--|
| 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. |

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