

Tai Chi & Qigong Classes – Autumn 2020

Thursday 5th November – Friday 11th December

Try any 1-hour class for £5: If you decide to join a 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.

The problems that I encountered before with re-starting 'normal' classes in venues don't seem to have altered - in fact they seem to have increased. The reasons vary but come down to the following:-

- Some venues are remaining closed.
- Some venues will only allow a certain number of people in the room, e.g. out of 16 people, only 5 are allowed.
- All the venues have a between-classes cleaning rota (toilets, washbasins, door handles, all touched surfaces, etc.) that will take a minimum of 10 minutes to complete.
- Some venues won't let people in until the class is about to start (difficult in the winter).
- In classes such as yoga or meditation, you find your spot and stay there, but obviously this is not the same with tai chi.

It seems to make sense to keep on live-streaming on Zoom for the time being.

PAYMENT:

The 1st class in a week that you attend is charged at the 6-week term's rate (£78).

If you want to do more than one class per week, you only pay 50% of the term's fee per class for any other classes that you join during that week.

**** Please note that there is Qigong in *both* classes. The Qigong will be different in each class.**

The **Thursday Qigong class** will focus mainly on breathing techniques (sinking the breath etc.), Zhan Zhuang, 'internal' techniques such as the circulation of energy, and *possibly* the Ba Duan Jin (8 Brocades).

The **Friday Qigong class** will focus on a 'set' of Daoyin Qigong, i.e. there are sets for the Cardiovascular, Respiratory, Digestive, Skeletal systems, as well as for the Liver, Kidneys, or for Diabetes etc. These are sets of 8 (sometimes 9) 'moving qigong' exercises. I will not repeat the sets that we did in lockdown in this Friday class.

VIDEOS:

If you sign up for a 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.
- ◆ The tai chi classes will consist of 1) Warm ups, 2) Various related exercises, 3) The 'Form' (set of movements).
- ◆ If you want to sign up for a *Qigong* class, you are welcome to try both classes out (£5 per class) and then make your decision... both, if you wish, they will complement each other.

VENUE: Your own home.... (it's all live-streamed)

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Qigong & Meditation	All levels	Thursday	5 th Nov.	10 th Dec.	6	12.00-1.00pm	£78
Qigong & Sun Tai Chi	All levels	Friday	6 th Nov.	11 th Dec.	6	12.00-1.00pm	£78

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