

**TAI CHI WEEKEND COURSE**  
**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> March 2009**  
**SPLATTHAYES, BUCKERELL, NR HONITON**  
**Course Tutors: Tom Collingridge & Helen Kingdon**



The aim of this weekend is to introduce the varied art of Chen Style Tai Chi, the original form of Tai Chi Chuan. The weekend will cover the core essentials of correct Tai Chi practice, including proper posture, movement and breathing; allowing participants to gain maximum benefit from this ancient martial art and health promoting system.

This course is suited to both beginners and experienced Tai Chi practitioners.

TIME	SATURDAY	SUNDAY
10.30am-12.30	<b>Tai Chi basics and principles of movement</b> <ul style="list-style-type: none"> <li>▪ Zhan Zhuang (standing pole exercise)</li> <li>▪ Chan Si Gong (silk reeling)</li> </ul>	<b>Chi Kung (Energy Cultivation)</b> <ul style="list-style-type: none"> <li>▪ Ba Duan Jin Chi Kung (Eight strands of the Brocade)</li> <li>▪ Eight animal Chi Kung exercises</li> </ul>
12.30-12.45pm	<b>Demonstration</b> Laojia (long form)	<b>Demonstration</b> Broad and Straight Sword Forms
1.00-2.00pm	<b>Lunch</b>	<b>Lunch</b>
2.30-4.30pm	<b>Partner Exercises</b> <ul style="list-style-type: none"> <li>▪ Pushing Hands</li> </ul>	<b>Revision &amp; Consolidation</b> <ul style="list-style-type: none"> <li>▪ Zhan Zhuang</li> <li>▪ Chan Si Gong</li> <li>▪ Pushing Hands</li> <li>▪ Ba Duan Jin</li> <li>▪ Eight animal Chi Gong</li> </ul>

**Cost**

**£170.00** per person. This price includes 8 hours of Tai Chi instruction, 2 nights accommodation (Friday & Saturday) and all meals and refreshments. All you need to bring is comfortable clothes, toothbrush and an open mind! A deposit of £95.00 is payable on course booking



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**Location**

Located in the beautiful and picturesque rural Devon village of Buckerell; you will be staying in a lovely old thatched cob house with a long-standing reputation for excellent accommodation and food. Splatthayes is a grade II listed building, built in the 16<sup>th</sup> Century and is full of character. Set in three and a half acres, the house has log fires, flagstone floors and a wealth of original beams.

Training sessions will be held in a new purpose built studio

**Address:** Splatthayes, Buckerell, Near Honiton, Devon, EX14 0ER.

**Website:** [www.splatthayes.co.uk](http://www.splatthayes.co.uk)

**Accommodation**

No single rooms are available. The cost of the course is based on 2 people sharing a room.

**Booking Information**

To request a booking form please contact Julie Johnstone 07946 582601 or email [jujohnstone@hotmail.com](mailto:jujohnstone@hotmail.com)

