

Tai Chi & Qigong Classes – Spring 2021

Tuesday 5th January – Wednesday 31st March (12 weeks)

(Half term: No classes in week of Tues. 16th & Wednesday 17th February)

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

PAYMENT:

The 1st class in a week that you attend is charged at the 12-week term's rate (£156).

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 (i.e. a total of £234)

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; if you like, you can try out both classes on the first week (£5 per class).
- ◆ The tai chi classes will consist of 1) Warm ups, 2) Various related exercises, 3) The 'Form' (set of movements).

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

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step Tai Chi	All levels	Tuesday	5 th Jan.	30 th Mar.	12	6.30-7.30pm	£156
● a set of 'moving' Qigong*, and 2) the Yang 24-Step Form.							
Qigong & Meditation	All levels	Wednesday	6 th Jan.	31 st Mar.	12	12.00-1.00pm	£156
● Breathing techniques, Zhan Zhuang Qigong*, and 'internal' techniques such as the circulation of energy.							

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