

Tai Chi & Qigong Classes – Face2Face Summer 2021

Monday 19th July – Friday 30th July

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.

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

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Form	Standard	Day	Starts	Ends	Wks	Time	Cost
Yang 24-Step continuation	All levels	<u>Tuesday</u>	20 th July	27 th July	2	12.00-1.00pm	£26
Qigong & Meditation	All levels	<u>Wednesday</u>	21 st July	28 th July	2	6.00-7.00pm	£26

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	9.00-9.55am	£26
Yang 24 Form / Qigong	All levels		23 rd July	30 th July	2	10.00-10.55am	£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

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Notes on the Face2Face Summer 2021 Classes

N.B.: ** **Beginners:** If you are unsure which class to join, please contact me to discuss it. **

BASIL JELLCOE HALL: *Drummond Crescent, London NW1 1LE.*

Form	Standard	Dav/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	All levels	Tues. 6.05	Beginners welcome.
42-Step Tai Chi Form	Beginners	Tues. 7.05	The 42-Step Competition Form from the beginning. This form combines different styles of tai chi.
Push Hands/Applications/ 2-Person Exercises	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.

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Form	Standard	Dav	Notes
Yang 24-Step	All levels	Tues. 12.05	Continuing what we have worked on to in the last 2 terms.
Qigong & Meditation	All levels	Wed. 6.00	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.

East Finchley: *East Finchley Methodist Hall, 197 High Road, N2 8AJ.*

Form	Standard	Day/Time	Notes
Yang 24-Step/Qigong	All levels	Wed. 12.00	Qigong exercises & the Yang 24-Step Form from the beginning.
Yang 10-Step/Qigong	All levels	Wed. 1.00	Good for beginners; breathing, balance, coordination, posture, mobility.

Sevenoaks: *Vine Baptist Church Hall (Thursday evenings); St. Luke's Church Hall (Thursday & Friday – daytimes).*

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 (Vine B. Ch.)	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 (Vine B. Ch.)	Beg./Int./Adv.	Thurs. 7.35	Beginners: 1 st half of the Form. Int./Adv.: 2 nd half of the Form.
Qigong/Meditation (Vine B. Church)	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.

New Ash Green: *The Village Hall, Centre Road, New Ash Green, Longfield, Kent, DA3 8HH.*

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. 9.00am	Qigong exercises & a tai chi Form.
Yang 24-Step / Qigong	Beginner	Fri. 10.00am	Qigong health exercises & a slightly longer tai chi Form.

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

Form	Standard	Day/Time	Notes
Push Hands/Applications/ 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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