

# Tai Chi & Qigong Classes – Spring/Summer 2021

**Tuesday 6<sup>th</sup> April – Wednesday 16<sup>th</sup> June (11 weeks)**

**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 1<sup>st</sup> course is charged at full rate; the additional course is **50%** of the course fee.

## **PAYMENT:**

The 1<sup>st</sup> class in a week that you attend is charged at the 11-week term's rate (£143).

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 £214.50)

## **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) A new set of Qigong Exercises, and 4) Continuing the 'Form' (set of movements) from approximately Form 11 out of 24.

**VENUE:** Your own home.... (It's all live-streamed or on video)

Form	Standard	Day	Starts	Ends	Wks	Time	Cost
<b>Yang 24-Step Tai Chi</b>	All levels	<b>Tuesday</b>	6 <sup>th</sup> Apr.	15 <sup>th</sup> June	11	6.30-7.30pm	£143
● a set of 'moving' Qigong*, and 2) the Yang 24-Step Form continuing from where we got to last term.							
<b>Qigong &amp; Meditation</b>	All levels	<b>Wednesday</b>	7 <sup>th</sup> Apr.	16 <sup>th</sup> June	11	12.00-1.00pm	£143
● 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.