

Tai Chi & Qigong Classes – Autumn 2020

Monday 7th September – Friday 11th December

**** NO CLASSES ON: Half-Term: Monday 26th - Friday 30th October incl. ****

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 1 st course is charged at full rate; <u>additional courses are 50% of the course fee.</u>

NEXT TERM:

I've encountered several problems with re-starting 'normal' classes; the reasons vary but come down to the following:-

- Some venues are just not opening yet (e.g. Basil Jellicoe Hall in Euston).
- Some venues will only allow a certain number of people in the room, e.g. I have one venue where I normally have a class of 16, and they will only allow 5 in the room. They haven't yet offered to adjust the rent accordingly! But more to the point is, which 5 people in a class of 16 can join?
- All the venues, except one, have set up a cleaning rota that I have to do between classes (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 a couple of minutes before the class is about to start (not necessarily an issue unless it's pouring with rain).
- 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 Monday to Friday (on Zoom) for the time being, but with a different format.

THE PLAN:

So, what I'm planning to do is to run a different set of movements every day, as though we were doing a face-to-face classes week (proposed schedule is below).

Therefore you can sign up for the Yang 24-Step on Monday, and that's your day – i.e. as you would normally have done if you were physically attending a class.

PAYMENT:

The 1st class in a week that you attend is charged at the term's rate (£169).

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 are 2 Qigong classes per week. They will differ, and are charged separately.

The **Monday 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) also.

The aim of the **Friday Qigong class** is to learn different sets of Daoyin Qigong, i.e. sets for the Cardiovascular, Respiratory, Digestive, Skeletal systems, or for the Liver, Kidneys, or for Diabetes etc. These are sets of 8 (sometimes 9) 'moving qigong' exercises, (e.g. the Health Preservation and Support the Lungs sets that some of you have already learnt). I'm aiming at broadening the repertoire in this class, and perhaps we will be able to do 2 sets in the term.

VIDEOS:

In theory, I will produce a video of every class which you wouldn't have to pay for because you would have signed up for that particular class, so if you missed the class, you'd still get the video. I say 'in theory' because I'm not sure if I'll actually be able to deliver on that one due to the logistics, but it *should* be possible.

PLEASE NOTE:

I currently have some family matters taking place that involve hospitals, so occasionally a class might have to be rescheduled. Because it's online, it's much easier to change the time or even the day, and if the occasional change is not convenient to you, there is always the video...

BEGINNERS:

- ◆ If you want to sign up for a *Tai Chi* class, I suggest you avoid the 13-Principles (Tuesday) and the Wu 45 (Thursday), only because these are slightly more complicated sets of movements. Your best option is either the Sun 12-Step or the Yang 16-Step, and then next best option is the Yang 24-Step.
- ◆ 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	Monday	7 th Sept.	7 th Dec.	13	12.05-1.00pm	£169
Yang 24-Step Tai Chi	All levels		7 th Sept.	7 th Dec.	13	7.05-8.00pm	£169
13-Principles Tai Chi	All levels	Tuesday	8 th Sept.	8 th Dec.	13	7.05-8.00pm	£169
Yang 16-Step Tai Chi	All levels	Wednesday	9 th Sept.	9 th Dec.	13	7.05-8.00pm	£169
Sun 12-Step Tai Chi	All levels	Thursday	10 th Sept.	10 th Dec.	13	12.05-1.00pm	£169
Wu Style 45 Tai Chi	All levels		10 th Sept.	10 th Dec.	13	7.05-8.00pm	£169
Daoyin Qigong	All levels	Friday	11 th Sept.	11 th Dec.	13	5.35-6.30pm	£169

I would have liked to include some Sword (e.g. the 16-Step Sword Form) into the week's classes, but perhaps this can be introduced after we have started the term and when we've seen how this schedule works. As I'm planning to do a video of every class, this might complicate things.