



TAI JI QUAN DAO

HALF-DAY WORKSHOP

BRAUNSTON VILLAGE HALL,
3 WOOD LANE, BRAUNSTON-IN-
RUTLAND LE15 8QZ

Saturday June 8, 2019, 9.30am-1pm

THE THREE EXTERNAL HARMONIES

GUEST: BOB CHIDGEY **INSTRUCTOR:** JIM WARD

- DETAILED WORK ON THE THREE EXTERNAL HARMONIES
- YANG FAMILY LONG FORM
- PARTNER EXERCISES
- DEMONSTRATIONS

Please wear suitable loose fitting clothing preferably in layers to cater for the different activities and the weather. If the weather is suitable we plan to be practising outside. For those wishing to make notes please bring paper & a pencil.

The cost of the workshop is £30. Concessionary rate £25

PLEASE CONFIRM YOUR PLACE BY MAY 17 AT THE LATEST

For more info go to www.taichiforhealth.co.uk or contact JIM WARD
jimward51@gmail.com Tel: 07811-139419

Please enrol me for the Workshop 'Tai Ji Quan For Health' Saturday June 8, 2019

My payment of £30 is enclosed (or a non-returnable deposit of £10)

Name.....

Address.....

Tel:..... **Email:**.....

Which class do you attend?.....

What part of the Form are you working on ? Part 1 / 2 / 3 Push hands: Yes / No

PLEASE CIRCLE YOUR PAYMENT METHOD BACS/ cheque / cash

BACS payment to: Jim Ward Sort code: 09-01-29 Account: 00792943

Please make cheques payable to Jim Ward