



Tai Ji Quan Dao

ONE DAY WORKSHOP

Saturday 4th July 2020

Manuden Village Community Centre,
David Collins Drive, Manuden, Bishops Stortford,
Hertfordshire CM23 1EH

This year, a one day workshop will replace the annual residential weekend. It will be held at Manuden Village Community Centre near Bishops Stortford. The aims of the workshop will be similar to those of the residential. There will be two groups – one continuing to learn the 13 animals with Jonathan, the other exploring health preservation exercises with Jamie and Sifu. We hope to attract new members to the workshop, as well as welcoming back those who have supported the residential weekends in previous years.

The aims of the workshop are broadly:

- to explore a particular aspect of Tai Ji Quan in detail
- to meet and work with fellow students from other classes
- to showcase some of the breadth of the Tai Ji Quan syllabus through demonstrations

The format for the day will be:

- 8.00 *Arrival and informal opportunity to practice*
- 9.00 *Preparatory exercises*
- 9.30 *Start of workshop led by Sifu, Jonathan and Jamie*
- 12.30 *Lunch*
- 2.00 *Afternoon workshop*
- 5.00 *Workshop ends*

Students wishing to participate in the health preservation workshop have the option of attending for the whole day or the morning session. The cost for the whole day is £99 and £49 for the half day.

We want to make as much use of the time as possible, so we hope students will arrive early to take advantage of the opportunity to meet other students, prepare for the day, see some demonstrations and be ready to start instruction at 9.30.

REGISTRATION FORM 2020



Name

Tel Mobile

Email.....

I enclose a full day fee of £99 due by 15th June

I enclose a half day fee of £49 due by 15th June

Please enclose a cheque made payable to Herman Chan-Pensley and send to:
Philippa Davidson, April Cottage, Woolpits Road, Great Saling, Essex CM7 5DZ
Tel: 01371 850582. Mobile: 07933 950 863 Email: philippajdavidson@gmail.com