



# Tai Ji Quan Dao

## ONE DAY WORKSHOP

Saturday 3rd July 2021

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 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

*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, and Jonathan*

**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

I enclose a half day fee of £49

Please enclose a cheque made payable to Herman Chan-Pensley and send to:  
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