



**The Art of Tai Ji Quan and Self-Healing  
Residential Weekend  
St Mark College,  
Audley End, Saffron Walden**

**07- 09 September 2019**

**REGISTRATION FORM**



Please return this form completed in print as soon as possible with either your full payment, 50% deposit or an instalment to your Instructor or as below.

David Stanton-Miller, 10 Oakroyd Avenue, Great Dunmow, Essex CM6 1HG

Tel 07713462556, email - taijiquany1@gmail.com

Instalment payments or the 50% balance due at least 15 days before visit commences

A forward thinking politician Nye Bevan who was the main architect in forming in 1948 the National Health Service which now props us up and help us through the bad times, and hopefully enables us to fight on. Tai Ji Quan is a Martial Art and as you all know, the rationale is you can't be an unfit martial artist. Fitness is subjective, the type of fitness I'm talking about is keep us fit and mobile into our dotage, so, whenever you start the art, it will, undoubtedly have an immediate affect, depending on your level of fitness to start with. It is having the correct mindset in how you perceive this art. To me it's the science of self, the intricacy of the whole body and using the shapes we form and understanding the reasons for accuracy. Learning new movements enables neural pathway to be formed helping with mindfulness thus it becomes a mind and body experience. As with any art one has to start with the blank canvass and gradually find by application, the ability to absorb the subtle changes by using our senses, then embrace the changes that will be inevitable as progress is made.

Since our group was formed I have introduced various sets of exercises that I believe enhance our study of Tai Ji Quan by using the art to extend our quality of life. The basic underlining belief is the history of human existences wherein activity played a vital role, but life expectancy was considerable shorter than it is today. With longer modern comfortable life there should become a responsibility to oneself to fulfil an active role to maintain good health throughout. As knowledge is power, correct exercise engages the ability to sense and feel more acutely, heightened by the conscious practise of relaxation while exercising thereby activating self knowledge. Holding the above thoughts in mind this years workshop will be a really good opportunity to revise some of the Five Animal Frolics to enjoy the Tai Ji Qigong's, practicing the Bang/Ball, Fast Set, Slow Form etc. plus a Relaxation Technique combined with Zhan Zhuang.

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Surname

First name

Address

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Town/County

Post code

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Mobile/Tel

email

Accompanying person Yes  Name

No

Cost of course £275.00

50% deposit

Instalments

**Vegetarian** Yes  Eggs  Fish  Vegan  **No**

Arrive Friday 6.30 PM - Depart 3.00 PM Sunday: Includes dinner (7.00) Friday, breakfast, lunch and dinner on Saturday. Breakfast and Lunch on Sunday.

If you are vegetarian please advise us of your needs.

You need to bring your own towel.

The price is based on fully-shared rooms.

Concessions are available for couples and special cases, please contact the organiser to arrange this.