



**The Art of Tai Ji Quan and Self-Healing  
Morning Workshop  
Great Chesterford Community Centre**

**Sunday 26 May 2019  
9.00 - Noon**

Dear Students,

Every year we endeavour to fulfil our requests from the evaluation sheets we gather from previous workshops and one of the questions we ask is; “how many workshop would you like each year”? As there are only so many weekends in the year and we are committed to two Sundays a month, one for a Practise Group and another Senior Training morning, we decided to use a Practise Group Morning to accommodate this Workshop. There will be a information pack supplied with Pen/Note-pad and a variety of written material associated with the exercises practised on the day.

This year our growth has been such that classes are growing at a speed which is, just as we like it, slow and steady. This being the case, we thought the time was right to revise some of the earlier sets to enable the less senior students to have the opportunity to feel the depths and variety the Art can offer. On this occasion it will give a relatively new student the feeling of working as a unit, as you will be working with more senior members who will through their association enhancing learning experience.

If you have never attended one of our workshops before, this would be a good one to support, you would soon pick up useful information that will change the perception of just waving your arms about without purpose, but will heighten awareness of benefits these tools can give the individual.

If you would like to attend please contact the class Instructor with this leaflet for a programme.

Name	Attending Class
	Bishop’s Stortford
	Chelmsford
	Saffron Walden
	Royston



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PROGRAMME

9.00	Welcome and short introduction
9.15	Preparatory exercises
9.30	Relaxation Technique (in a chair)
10.00	Qi Gong (Standing Post and Moving)
10.30	Form work
11.00	Short tea break!
11.15	A selection of the Five Animal Frolics
11.50	Evaluation Forms and feedback
12.00	Finish