

LFA T'ai Chi

SUMMER SCHOOL
WORKSHOPS 2021

24th July to 28th July
(inclusive)





Welcome to our 2021 Summer School

DATES

Saturday 24th July
Sunday 25th July
Monday 26th July
Tuesday 27th July
Wednesday 28th July

TIME

Morning Session 10.00am - 12pm
Lunch 12.00pm -12.30pm
Afternoon Session 12.30pm - 2.30pm

VENUE

Inmans Primary School
Inmans Road
Hedon
HULL
HU12 8NL

COST

£30 per person per day

ADDITIONAL INFORMATION

You will need a packed lunch and drink,
soft shoes and comfortable clothing.

Our Summer School is suitable for complete beginners

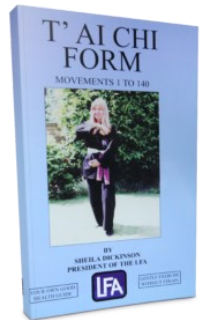
SATURDAY 24th July

Our day will start with a warm up that the whole group will practise together. This helps to warm the muscles and the joints of the body without strain. Next we will practise the four directional breathing exercise, which helps to strengthen the respiratory system and improve the lung capacity. A streamed video of our Four Directional Breathing Exercise can be found on our **Free Video Tutorials subscription** on our website

www.lfataichi.online

T'ai Chi Form

Everyone works in groups for the T'ai Chi Form, depending on the level you have reached in your training. An LFA Instructor will over see each group ensuring that everyone receives excellent tuition. You will be able to consolidate or add to your movements. It is very much your course and it is our wish that you receive the best possible training.

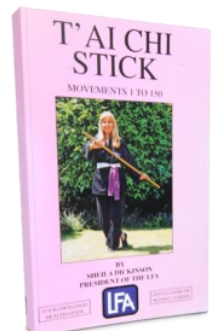


K'ai Men T'ai Chi Yoga

We will learn a new exercise each day. Everyone will start at the same level, the exercise will be taught from a standing position in an easy to follow format using repetition. All of the movements can be adapted to meet the individual's needs.

T'ai Chi Stick

Everyone will be given the option of practising our T'ai Chi Stick or if you would rather continue with the T'ai Chi Form the choice is yours. Again you will be divided up into groups under the guidance of an LFA T'ai Chi Instructor. Sticks will be available to loan for the duration of the session. The first 10 movements of our T'ai Chi Stick can be found on our **Free Video Tutorials subscription** on the website.



Taoist Walk

Each day we will all practise one of the many Taoist Walks together and learn how each movement works the meridians within the body.



SUNDAY 25th July

People who have attended the previous days training will add to the knowledge they have already gained

Our day will start with a warm up that the whole group will practise together. This helps to warm the muscles and the joints of the body without strain. Next we will practise the four directional breathing exercise, which helps to strengthen the respiratory system and improve the lung capacity. A streamed video of our Four Directional Breathing Exercise can be found on our **Free Video Tutorials subscription** on our website

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T'ai Chi Form

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K'ai Men T'ai Chi Yoga

We will learn a new exercise each day. Everyone will start at the same level, the exercise will be taught from a standing position in an easy to follow format using repetition. All of the movements can be adapted to meet the individual's needs.

T'ai Chi Nunchaku

Everyone will be given the option to practising our T'ai Chi Nunchaku or if you would rather continue with the T'ai Chi Form the choice is yours. Foam safety Nunchaku will be available to loan for the duration of the session, alternatively these are available for purchase for £7 from our online shop, please see website for details. Again you will be divided up into groups under the guidance of an LFA T'ai Chi Instructor. The first 10 movements of our T'ai Chi Nunchaku can be found on our **Free Video Tutorials subscription** on the website.



Taoist Walk

Each day we will all practise one of the many Taoist Walks together and learn how each movement works the meridians within the body.



MONDAY 26th July

People who have attended the previous days training will add to the knowledge they have already gained

Our day will start with a warm up that the whole group will practise together. This helps to warm the muscles and the joints of the body without strain. Next we will practise the four directional breathing exercise, which helps to strengthen the respiratory system and improve the lung capacity. A streamed video of our Four Directional Breathing Exercise can be found on our **Free Video Tutorials subscription** on our website

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T'ai Chi Form

Everyone works in groups for the T'ai Chi Form, depending on the level you have reached in your training. An LFA Instructor will over see each group ensuring that everyone receives excellent tuition. You will be able to consolidate or add to your movements. It is very much your course and it is our wish that you receive the best possible training.

T'ai Chi Whip

Everyone will be given the option to practise our T'ai Chi Whip or if you would rather continue with the T'ai Chi Form the choice is yours. Safety Whips will be available to loan for the duration of the session. An LFA Instructor will over see each group ensuring that everyone receives excellent tuition.

K'ai Men T'ai Chi Yoga

We will learn a new exercise each day. Everyone will start at the same level, the exercise will be taught from a standing position in an easy to follow format using repetition. All of the movements can be adapted to meet the individual's needs.

Golden Well

The Golden Well is a sequence of movements especially designed to help the memory, however you must be consistent with your practise. Ideally the movements should be practised daily. It is important not to put pressure on yourself. Please progress at a pace you are comfortable with.



Taoist Walk

Each day we will all practise one of the many Taoist Walks together and learn how each movement works the meridians within the body.



TUESDAY 27th July

People who have attended the previous days training will add to the knowledge they have already gained

Our day will start with a warm up that the whole group will practise together. This helps to warm the muscles and the joints of the body without strain. Next we will practise the four directional breathing exercise, which helps to strengthen the respiratory system and improve the lung capacity. A streamed video of our Four Directional Breathing Exercise can be found on our **Free Video Tutorials subscription** on our website

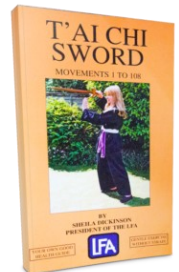
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T'ai Chi Form

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T'ai Chi Sword

Everyone will be given the option to practise our T'ai Chi Sword or if you would rather continue with the T'ai Chi Form the choice is yours. Wooden swords will be available to loan for the duration of the session. An LFA Instructor will over see each group ensuring that everyone receives excellent tuition. The first 10 movements of our T'ai Chi Sword can be found on our **Free Video Tutorials subscription** on the website.



K'ai Men T'ai Chi Yoga

We will learn a new exercise each day. Everyone will start at the same level, the exercise will be taught from a standing position in an easy to follow format using repetition. All of the movements can be adapted to meet the individual's needs.

Vitality Set

The Vitality Set provides excellent health benefits for people who suffer from tiredness or fatigue. Because the movements are gentle, it is also an excellent form of exercise for people who are recovering from illness.

Taoist Walk

Each day we will all practise one of the many Taoist Walks together and learn how each movement works the meridians within the body.



WEDNESDAY 28th July

People who have attended the previous days training will add to the knowledge they have already gained

Our day will start with a warm up that the whole group will practise together. This helps to warm the muscles and the joints of the body without strain. Next we will practise the four directional breathing exercise, which helps to strengthen the respiratory system and improve the lung capacity. A streamed video of our Four Directional Breathing Exercise can be found on our **Free Video Tutorials subscription** on our website

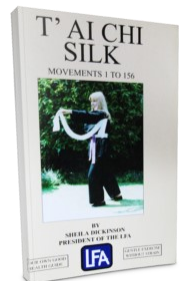
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T'ai Chi Form

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T'ai Chi Silk

Everyone will be given the option to practise our T'ai Chi Silk or if you would rather continue with the T'ai Chi Form the choice is yours. Silks will be available to loan for the duration of the session. An LFA Instructor will over see each group ensuring that everyone receives excellent tuition. The first 10 movements of our T'ai Chi Silk can be found on our **Free Video Tutorials subscription** on the website.



K'ai Men T'ai Chi Yoga

We will learn a new exercise each day. Everyone will start at the same level, the exercise will be taught from a standing position in an easy to follow format using repetition. All of the movements can be adapted to meet the individual's needs.

Reflected Moon Set

The Reflected Moon set provides excellent health benefits for people who suffer from insomnia as well as people who awaken in the morning still feeling fatigued. The Reflected Moon set compliments the Vitality Set.

Taoist Walk

Each day we will all practise one of the many Taoist Walks together and learn how each movement works the meridians within the body.



To book your place

Please contact **Sheila Dickinson** to reserve your place on our Summer School Workshops.

Sheila Dickinson

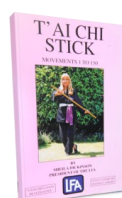
TEL: 01482 898092

MOB: 07904 526944

EMAIL: sheila@lfataichi.online

Payments via **Bank Transfer** (please contact Sheila for details)
or **PayPal** via the website

<https://www.lfataichi.online/shop/>



Kingstown Hotel

Hull Road, Hedon, HU12 8DJ

TEL: 01482 890461

listed on www.booking.com £60 per night

The Twin Bays

offers basic clean accommodation

twin room £45 per night

33 Charles street, Hedon, HU12 8HT

TEL: 01482 890570

Paull Home Farm Bed and Breakfast

5 minute drive from Hedon

TEL: 07970 750136

website <http://www.paullholmefarmbedandbreakfast.co.uk/>

Spring Valley Campsite and Holiday Lets

Sproatley Road

Preston Village

HU12 8TU

TEL: 01482 891236 **MOB:** 07590 58259