

RELAX & UNWIND

LFA T'ai Chi

C O A S T A L R E T R E A T 2 0 2 3



26th & 27th September 2023

9.30am - 4.45pm Daily

Immerse yourself in 2 days of T'ai Chi & Taoist Yoga in the tranquil coastal setting of
Sewerby Hall & Gardens

£99 two days

All courses are suitable for all ages and ability levels



Book Now
07904 526944

More Information
sheila@lfataichi.online

WWW.LFATAICHI.ONLINE

COASTAL RETREAT

DAY 1 - 26TH SEPTEMBER

It's all about location and what a location! The Orangery at Sewerby Hall boasts stunning sea views and weather permitting we can move out onto the patio and soak up the energy and sea air. A retreat conjures up a picture of pure relaxation, this an opportunity to completely emerge yourself in the all inspiring vibe of Ahhh... Taoism is all about The Way, this retreat will be exactly that. The structure of day will follow the energy and will include:

Monkey Agility Taoist Yoga Breathing exercise, an exercise from our Chinese Medicine Chest of over three thousand exercises. I have chosen this exercise because it effortlessly moves the different parts of the body, making it an excellent exercise, whatever your level of mobility.

Taoist Meditation (optional) - No special equipment is required. This will be a beginners guided meditation to relax the mind and provide the body with an energy boost.

T'ai Chi Stick K'ai Men exercise. This will be a completely new exercise, so everyone will be at the same level. The movements will exercise both sides of the brain and help to improve balance and co-ordination.

The Art of Chang Ming - Nutrition for the Mind, Body and Spirit

How can I help myself? Simple ways to implement the teachings of the Ancient Taoist Masters in everyday life.

Taoist Foot Massage (optional) - If you would like to take part you will need to bring a towel.

Energy Work - including Taoist Walk and partner exercises.

COASTAL RETREAT
26TH & 27TH SEPT

LOCATION: The Orangery, Sewerby Hall, YO15 1ED

TIME: 9.30am - 4.45pm daily

COST: £99 two days

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

Sewerby Hall Cafe will be open daily providing a selection of hot food, snacks and beverages. Items from the cafe are **NOT included** in the course fee.

Turn your retreat into a mini break, see our additional information for details on local bed and breakfast, camping and hotel accommodation.

Over night accommodation is NOT included in the course fee.



COASTAL RETREAT

DAY 2 - 27TH SEPTEMBER

On day two we will continue to follow the energy, ensuring each of us gain the maximum health benefits from the retreat. Going with the flow is the underling principle of the Art of T'ai Chi and our focus for the retreat.

We will practise the **Tigers Roar Breathing exercise**. All be it silently, the roar is exactly what you get. Using the movements to ease the stress that often settles in the face. This exercise works on the face, upper back and neck. It may be practised from a standing or seated position.

Taoist Meditation (optional) - This will be another easy to follow beginners guided meditation.

T'ai Chi Knives Kai Men exercise. Today the knives will be used to help ease the tension that we carry in our shoulders. The exercise will also help people who suffer from insomnia, low energy and migraines. This exercise will be new to everyone in the training hall, and is suitable for students of all ability levels.

Chang Ming - Nutrition for the emotions

Upping the energy vibration to attain calm and balance in your every day life.

Taoist Shoulder Massage (optional) - if you would like to take part you will need to wear a strappy t-shirt and bring a towel.

Energy Work - including Taoist Walk and partner exercises.

COASTAL RETREAT
26TH & 27TH SEPT

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COST: £99 two days

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Over night accommodation is **NOT** included in the course fee.



LFA T'AI CHI COURSES 2023

join in the fun...

COASTAL RETREAT

Tuesday 26th September & Wednesday 27th September 2023

TO BOOK

*Please contact Sheila Dickinson to reserve your place on any of our
Courses and 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*

WWW.LFATAICHI.ONLINE/SHOP

BOOK NOW

ACCOMMODATION CLOSE TO SEWERBY HALL

The following is just a small selection of holiday accommodation available in the Sewerby area.

The cost of overnight accommodation is NOT included in the course fee.

For availability, up to date prices and booking please contact the properties direct or book through an online provider.

Please check that you are happy with the location and standard of accommodation before booking, the LFA accepts no responsibility or liability.

MARTON VALLEY CARAVAN PARK

FLAMBOROUGH RD, BRIDLINGTON YO15 1DU

PHONE: 01262 605107

THE RAILINGS CARAVAN PARK

JEWISON LN, BRIDLINGTON YO15 1DX

PHONE: 01262 601337

MARTON GRANGE COUNTRY HOUSE

FLAMBOROUGH RD, SEWERBY, BRIDLINGTON YO15 1DU

PHONE: 01262 602034

WINDY WALK LODGE

BRIDLINGTON BAY 12, BRIDLINGTON YO15 1DW

PHONE: 07485 096887

PARK VIEW HOLIDAY COTTAGE

6 FINLEY CT, SEWERBY, BRIDLINGTON YO15 1EG

PHONE: 07867 500665

JESSEMI HOLIDAY BUNGALOW

SEWERBY PARK CL, SEWERBY, BRIDLINGTON YO15 1EE

PHONE: 01262 340198

CHERRY TREE COTTAGE

65 JEWISON LN, SEWERBY, BRIDLINGTON YO15 1DX

PHONE: 01262 602949

PREMIER INN BRIDLINGTON SEAFRONT HOTEL

ALBION TERRACE, BRIDLINGTON YO15 2PJ

PHONE: 0333 234 6572

EXPANSE HOTEL

NORTH MARINE DRIVE, BRIDLINGTON, YO15 2LS

PHONE: 01262 675347

SUNFLOWER LODGE

24 FLAMBOROUGH RD, BRIDLINGTON YO15 2HX

PHONE: 01262 400447