

RELAX & UNWIND

LFA T'ai Chi

2023 SUMMER COURSE



SUMMER COURSE

22nd - 26th July
10am - 2.30pm

5 Days of LFA T'ai Chi & Taoist Yoga Exercises including the T'ai Chi Form and Weapons exercises.

**£140 five days,
£30 per day, £15 half day**

All courses are suitable for all ages and ability levels



Book Now
07904 526944

More Information
sheila@lfataichi.online

WWW.LFATAICHI.ONLINE

SUMMER COURSE

DAILY 10AM - 2.30PM

T'ai Chi Form & Taoist Yoga, plus T'ai Chi Weapons



22nd July - T'ai Chi Knives



23rd July - T'ai Chi Stick



24th July - T'ai Chi Fan



25th July - T'ai Chi Chopsticks



26th July - T'ai Chi Whip

SUMMER COURSE
22ND TO 26TH JULY

LOCATION: Inmans Primary School, Hedon, HU12 8NL
also available on zoom

TIME: 10am - 2.30pm daily

COST: £140 five days
£30 per day, £15 per half day

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



SUMMER COURSE

DAY 1 - 22ND JULY

Course Summary



10am - 12noon

The Gentle Builder Taoist Yoga Breathing Exercise

This exercise works on restoring balance and co-ordination. It also works on good posture, which in turn helps to realign the whole of the body. Your breathing will also be improved, making it an excellent exercise for people who suffer from asthma and other breathing difficulties.



12.30pm - 2.30pm

T'ai Chi Knives K'ai Men Exercise is new to everyone. The knives will be taught in an easy to follow format. All of the body will be exercised without strain. The movements will help relieve tension in the wrists, hands and fingers whilst helping you to attain correct body posture and improve balance and co-ordination.

The **T'ai Chi Form** provides the foundation of our Arts, you will be able to add to and consolidate your movements.



Emotional Nutrition

The Art Of Chang Ming - Food for thought as well as the body.

Throughout the Summer Course we will look at emotional nutrition, addressing what we continually feed our minds and the impact this has on our health, the compounded effect it has on our energy levels and the vibrations we put out into the world. Today's word is EXPECTATIONS explained from a Taoist point of view.

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SUMMER COURSE

DAY 2 - 23RD JULY

Course Summary



10am - 12noon

Flow, Yield and Bend Taoist Yoga Breathing Exercise

This exercise works on restoring your flexibility. Once we have learnt the physical movements we look at how gentle repetition leads to greater flexibility. Next we apply breathing techniques that nourish the body through the increased intake of oxygen, whilst expelling toxins.



12.30pm - 2.30pm

T'ai Chi Stick K'ai Men Exercise will be new to everyone in the training hall. Taught in an easy to follow format by the end of the session everyone will have a new set of movements that they will be able to practise and enjoy. This exercises will help to improve balance, co-ordination, flexibility and posture.

The T'ai Chi Form is the foundation of all of our Arts, you will be able to add to or consolidate your movements. Excellent levels of tuition will be provided for everyone.



Emotional Nutrition

The Art Of Chang Ming - Nutrition for the Emotions

Today we will look at building A Powerful Aura and how your thoughts and actions effect your aura.



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SUMMER COURSE

DAY 3 - 24TH JULY

Course Summary



10am - 12noon

Forwards and Backwards Taoist Yoga Breathing Exercise

This exercise is a load bearing exercise and helps people who suffer from Osteoporosis, weakness in the bones. Additional benefits include improving your stamina and boosting your immune system. The exercise is good for the heart and helps to calm your emotions.



12.30pm - 2.30pm

T'ai Chi Fan K'ai Men Exercise, will provide a fun filled, full body workout. The opening and closing of the fan does much more than work the hands and fingers. The subtlety of this exercise is in the way the energy is projected through the meridians. It is also an excellent load bearing exercise, making it ideal for people suffering from Osteoporosis.

The T'ai Chi Form provides the foundations of all of our Arts, you will be able to add to or consolidate your movements.



Emotional Nutrition

The Art Of Chang Ming Emotional Nutrition - Today's topic is **The Only Person Who Can Hurt Me Is Me**. This will be explained from the Taoist point of view, providing you with food for thought, opening you up to another aspect of our T'ai Chi adventure.

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SUMMER COURSE

DAY 4 - 25TH JULY

Course Summary



10am - 12noon

Raising the Energy Vibration exercise, this exercise is something special. The energy created by this exercise can be enlightening. The benefits help to boost your health and wellbeing and promote a deep state of ease within the mind and body. This exercise will also work on the dexterity of the hands and fingers.



12.30pm - 2.30pm

T'ai Chi Chopsticks K'ai Men Exercise The movements will help to lift the energy vibration. This is an exciting combination of movements which also help to improve the dexterity of the hands and fingers.

The T'ai Chi Form set provides the foundation of our Arts you will be able to add to and consolidate the movements.



Emotional Nutrition

The Art of Chang Ming - Emotional Nutrition for the Mind

Every single word and thought creates a vibration that has the ability to impact on your health and the health of the people who make up your world. **Today's word is Irritation**, what does this mean from a Taoist view point?

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SUMMER COURSE

DAY 5 - 26TH JULY

Course Summary



10am - 12noon

Drawing the Energies Together Taoist Yoga Breathing Exercise

This exercise utilises the Li energy to cleanse toxins from the body before blending with the Chi energy. This exercise is all about self help and healing, expelling toxins and revitalising the body.



12.30pm - 2.30pm

T'ai Chi Whip K'ai Men Exercise emphasises expelling toxins through the invigorating expansive movements of the whip. The movements are easy to follow, creating a fun learning experience that everyone can enjoy.

The **T'ai Chi Form** provides the foundations of all of our Arts, you will be able to add to or consolidate your movements.



Emotional Nutrition

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

Who is the creator of your **Love, Peace and Happiness**? How does this impact the vibration and energy levels that you put out into the world?

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join in the fun...

SUMMER COURSE

Saturday 22nd July to Wednesday 26th July 2023

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