

RELAX & UNWIND

# LFA T'ai Chi

2024 SUMMER COURSE



## SUMMER COURSE 2024

20th - 24th July  
10am - 2.30pm

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

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

**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

- ☯ 20th July - T'ai Chi Fan
- ☯ 21st July - T'ai Chi Knives
- ☯ 22nd July - T'ai Chi Silk
- ☯ 23rd July - T'ai Chi Stick
- ☯ 24th July - T'ai Chi Sword

SUMMER COURSE  
20TH TO 24TH 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.



# LFA T'AI CHI COURSES 2024

*join in the fun...*

## SUMMER COURSE

*Saturday 20th July to Wednesday 24th July 2024*



### 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](mailto:sheila@lfataichi.online)

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

**WWW.LFATAICHI.ONLINE/SHOP**

**BOOK NOW**