



LFA T'ai Chi & Taoist Yoga

# WORKSHOPS & RETREATS

2024 Brochure



Hollins Hall Hotel, Golf & Country Club  
Hollins Hill, Bradford, BD17 7QW

# LFA T'ai Chi Break

Tuesday 23rd April to Wednesday 24th April 2024

**2 Days T'ai Chi, Taoist Yoga & Guided Meditation**

**1 or 2 night stay with breakfast**

**Access to the leisure facilities**

**\*SPA TREATMENTS, LUNCH & DINNER NOT INCLUDED**

**FROM £165pp** based on 2 people sharing 1 night B&B



## 2 Day T'ai Chi Workshop including:

### Daily guided Lee Style T'ai Chi Form practice

*All ability levels from the beginner to the more experienced will gain from the health benefits that practicing the T'ai Chi Form offers.*

### Daily guided Taoist Yoga (K'ai Men) Breathing exercises

*Easy to learn exercises for the mind, body & spirit.*

### Taoist Meditation (optional)

*Easy to follow guided meditations.*

### T'ai Chi Fan & T'ai Chi Knives

*Weapons exercises to take your practice to the next level. These exercises stimulate the senses, improve recall and reflexes and provide the tools for powerful energy development.*

### Energy Work

*Including Taoist Walk and partner exercises.*

### Course Manual

*Fully illustrated exercise manual in PDF format.*

**Complete beginners welcome, all ages and ability levels catered for.**

You will need comfortable clothes and flat shoes. A water station will be available throughout the duration of the T'ai Chi workshops.

Lunch, dinner, drinks and snacks may be purchased from the hotel bar and restaurant. These extras are **NOT INCLUDED** in the cost of the T'ai Chi Break. We are **NOT permitted** to consume our own food in the training hall. Please note that the hotel is cashless so all transactions will require a debit / credit card or other electronic payment method.

More information  
07904 526 944



Visit our website  
**WWW.LFATAICHI.ONLINE**





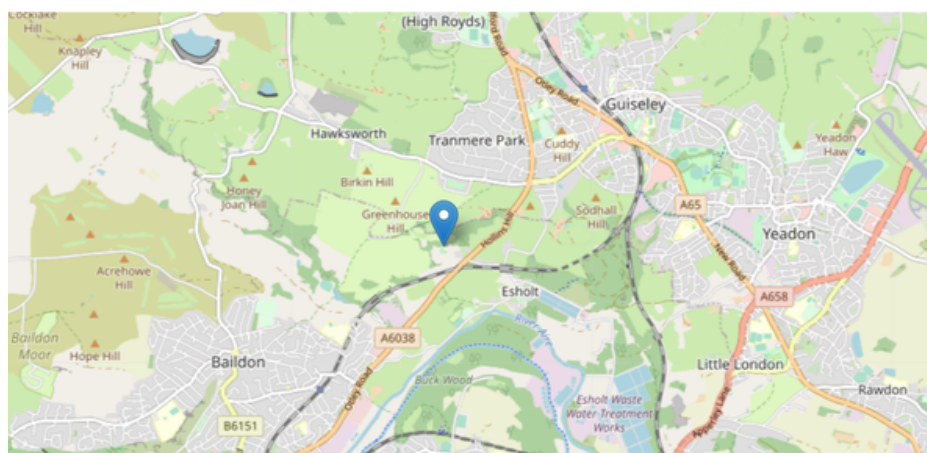
## Join us for 2 days of T'ai Chi, Taoist Yoga and Guided Meditation in the tranquil picturesque setting of Hollins Hall Hotel, Golf and Country Club

In addition to the daily T'ai Chi Workshops your relaxation will continue through the evening as you may choose one of the superb dining options, unwind in your spacious, well-appointed hotel room, enjoy the leisure club and pool or book a massage at the tranquil spa. There is also an 18 hole championship golf course.

**Golf & Spa treatments are not included in the cost and should be booked with the hotel 24 hours in advance**  
To book a spa treatment please call the Hollins Hall Health Spa 01274 534213 or see the Hotel website for more details.

[https://www.britanniahotels.com/cms/britannia/pdfs/hollins\\_hall-spa\\_price\\_list\\_2021.pdf](https://www.britanniahotels.com/cms/britannia/pdfs/hollins_hall-spa_price_list_2021.pdf)

The hotel is ideally located on the A6038 with nearby motorway connections to the M62 and A1 and excellent travel links - only a 5 minute drive (1.7 miles) from both Baildon & Guiseley Railway Stations (both having excellent regular links to Leeds and Bradford) and a 15 minute drive (5 miles) from Leeds Bradford International Airport. There is free onsite parking and a bus stop right outside the hotel.



Hollins Hall Hotel, Golf & Country Club  
Hollins Hill, Bradford, BD17 7QW

**PLEASE NOTE THAT THE HOTEL IS CASHLESS**



More information  
07904 526 944



Visit our website  
[WWW.LFATAICHI.ONLINE](http://WWW.LFATAICHI.ONLINE)





# LFA T'ai Chi Break

Tuesday 23rd April to Wednesday 24th April 2024

2 Days T'ai Chi, Taoist Yoga & Guided Meditation

## OPTION 1

Arrive Monday 22nd April

4pm check in

Use of leisure facilities

Overnight stay

**Tuesday 22nd April Breakfast Included**

Use of leisure facilities

10.00am - 12noon

T'ai Chi & Taoist Yoga

LUNCH (not included in the cost)

1.30pm - 3.30pm

T'ai Chi & Taoist Yoga

Evening T'ai Chi on the lawn

(weather permitting)

EVENING MEAL (not included in the cost)

Use of leisure facilities

Overnight stay

**Wednesday 23rd April Breakfast Included**

Use of leisure facilities

10.00am - 12noon

T'ai Chi & Taoist Yoga

LUNCH (not included in the cost)

1.30pm - 3.30pm

T'ai Chi & Taoist Yoga

**LUNCH, DINNER &**

**SPA TREATMENTS NOT INCLUDED IN THE  
COST OF:**

**T'AI CHI & 2 NIGHTS B&B**

£270 one person in a double room

£420 for two people sharing a twin or  
double room (£210 pp)

**\*NON REFUNDABLE**

## OPTION 2

**Arrive Tuesday 22nd April**

10.00am - 12noon

T'ai Chi & Taoist Yoga

LUNCH (not included in the cost)

1.30pm - 3.30pm

T'ai Chi & Taoist Yoga

Evening T'ai Chi on the lawn

(weather permitting)

EVENING MEAL (not included in the cost)

Use of leisure facilities

Overnight stay

**Wednesday 23rd April Breakfast Included**

Use of leisure facilities

10.00am - 12noon

T'ai Chi & Taoist Yoga

LUNCH (not included in the cost)

1.30pm - 3.30pm

T'ai Chi & Taoist Yoga

**LUNCH, DINNER &**

**SPA TREATMENTS NOT INCLUDED IN THE  
COST OF:**

**T'AI CHI & 1 NIGHT B&B**

£195 one person in a double room

£330 for two people sharing a twin or  
double room (£165 pp)

**\*NON REFUNDABLE**

# BOOKING

To book your place please contact Sheila Dickinson 07904 526 944 or book and pay via the website shop [WWW.LFATAICHI.ONLINE/SHOP](http://WWW.LFATAICHI.ONLINE/SHOP)

**£100 per person non refundable deposit will secure your place.**  
**The remaining balance must be paid in full before 1st March 2024**

## T'AI CHI & 2 NIGHTS B&B

£270 One person in a double room

£420 for Two people sharing a twin or double room (£210 pp)

**\*NON REFUNDABLE**

## T'AI CHI & 1 NIGHT B&B

£195 One person in a double room

£330 for Two people sharing a twin or double room (£165 pp)

**\*NON REFUNDABLE**

- £100 per person **NON REFUNDABLE** deposit or payment in full payable at the time of booking.
- Any balance paid, less £100 non refundable deposit, may be refunded on cancellations before 1st March 2024.
- Remaining balance must be paid in full before 1st March 2024 or the place will be cancelled and deposit retained.

### ADDITIONAL INFORMATION:

You may purchase drinks, meals and snacks throughout the day at the hotel bar and grill.  
**Please note that we are not permitted to consume our own food in the training room.**

**There will be a water station available for the duration of the T'ai Chi workshops.**

**The hotel is cashless** so any purchases will have to be made using debit / credit card or other electronic payment method.

Spa treatments should be booked at least 24 hours in advance. For further information or to make a booking please call the Hollins Hall Health Spa 01274 534213 or see the Hotel website for more details.

More information  
07904 526 944



Visit our website  
[WWW.LFATAICHI.ONLINE](http://WWW.LFATAICHI.ONLINE)



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**

RELAX & UNWIND

# LFA T'ai Chi

C O A S T A L R E T R E A T 2 0 2 4



10th & 11th September 2024

9.30am - 4.00pm Daily

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

**£120 per person\***

**\*£100 per person if booked before 31st December 2023**

**Does NOT include accommodation**

**Non-refundable**

**Suitable for all ages and ability levels**



**Book Now**  
07904 526944

**More Information**  
sheila@lfataichi.online

**WWW.LFATAICHI.ONLINE**



# COASTAL RETREAT

**TUESDAY 10TH & WEDNESDAY 11TH SEPTEMBER 2024**

**LOCATION:** The Orangery, Sewerby Hall, YO15 1ED

**TIME:** 9.30am - 4.00pm daily

**COST:** £120\* per person  
\*£100 per person if booked before 31st December 2023

**DOES NOT INCLUDE ACCOMMODATION**  
**NON- REFUNDABLE**

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.

## **What's Included:**

### **Daily guided Lee Style T'ai Chi Form practice**

*All ability levels from the beginner to the more experienced will gain from the health benefits that practicing the T'ai Chi Form offers.*

### **Daily guided Taoist Yoga (K'ai Men) Breathing exercises**

*Easy to learn exercises for the mind, body & spirit.*

### **Taoist Meditation (optional)**

*Easy to follow guided meditations.*

### **The Ancient Art of Chang Ming**

*Nutrition for the mind & body.*

### **Taoist Massage (optional)**

*Beginners guide to self massage & acupressure points.*

### **Energy Work**

*Including Taoist Walk and partner exercises.*

### **Course Manual**

*Fully illustrated exercise manual in PDF format.*



# LFA T'AI CHI COURSES 2024

*join in the fun...*

## **COASTAL RETREAT**

*Tuesday 10th September & Wednesday 11th September 2024*

### **TO BOOK**

*Please contact Sheila Dickinson to reserve your place*

*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](http://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**



# LFA T'ai Chi Workshops & Retreats Dates 2024

**January - No workshop**

**Sunday February 4th**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**Sunday March 17th**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**2 Day T'ai Chi Break**

**Tuesday 23rd & Wednesday 24th April**

*Hollins Hall Hotel, Bradford, BD17 7QW*

**Sunday April 14th**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**Sunday May 12th**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**Sunday June 23rd**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**5 Day Summer School Workshops**

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

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**2 Day Coastal Retreat**

**Tuesday 10th & Wednesday 11th September**

*9.30am - 4pm, Sewerby Hall, Nr Bridlington*

**Sunday September 22nd**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**Sunday 13th October**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**Sunday 10th November**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*

**Sunday 8th December**

*10am - 2.30pm, Inmans Primary School, HU12 8NL*





