

T'ai Chi Retreat - Hollins Hall

23rd & 24th April 2024



Who is the Retreat suitable for?

Suitable for all ages and ability levels, beginners through to instructors, everyone is welcome.

What will the Retreat involve?

There will be a series of T'ai Chi, Taoist Yoga and Meditation workshops, taught by Sheila Dickinson, between 10am to 5pm each day. You may do as many or as few as you like. There will be time to relax in the hotel pool for those who choose to stay at the hotel. There is also a gym, golf course and spa treatments available. ***Additional charges apply for spa treatments and golf.**

When is the Retreat?

Tuesday 23rd April to Wednesday 24th April 2025
from 10am to 5pm each day

You may stay over at the hotel or travel to the venue each day - please see booking options for further details and costings.

Where is the Retreat held?

The Hawksworth Suite, Hollins Hall Hotel, Golf & Country Club
Hollins Hill, Baildon, Shipley BD17 7QW

How do I book and pay?

To discuss your requirements, reserve your place and pay contact Sheila direct on the number below, payment can be made via paypal, bank transfer or cheque.

BOOK NOW



CONTACT SHEILA
07904 526 944

T'ai Chi Workshops

The following is an outline of the two day's events, ***you may take part in a much or as little as you wish***. If you are staying at the hotel you may make use of the indoor heated swimming pool, book a spa treatment or treat yourself to a long lunch or afternoon tea.

DAYS 1 & 2 10.00am - 11.00am

We will start with the traditional **Warm Up**, followed by an easy to learn **Taoist Yoga** exercise for the mind, body & spirit.

DAYS 1 & 2 11.00am - 11.30am Break

Refreshments may be purchased from the hotel coffee bar. Please remember that the hotel is cashless and only accepts electronic payment methods.

DAY 1 11.30am - 12.30pm

T'ai Chi Fan K'ai Men

DAY 2 11.30am - 12.30pm

T'ai Chi Knives K'ai Men

The Fan and Knives exercises take your practice to the next level. These exercises stimulate the senses, improve recall and reflexes and provide the tools for powerful energy development. You will receive a fully illustrated exercise manual in PDF format.

DAYS 1 & 2 12.30pm - 1.30pm Lunch

Lunch, snacks and afternoon tea may be purchased from the hotel coffee bar and restaurant. Please remember that the hotel is cashless and only accepts electronic payment methods.

DAYS 1 & 2 1.30pm - 2.00pm

Guided Meditation, Energy Work including Taoist Walk and partner exercises.

DAYS 1 & 2 2.00pm - 3.00pm

Consolidating or adding to the movements of the **Lee Style T'ai Chi Form**.

DAYS 1 & 2 3.30pm to 5.00pm

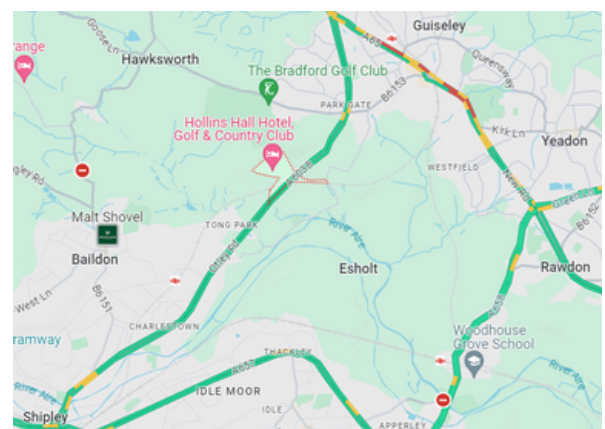
Individual practice or instructor lead session on any aspect of your training including the **T'ai Chi Form, Dance, Stick, Silk, Sword, Nunchaku, Fan and Whip**. Sheila will be available throughout the workshops to talk about your individual T'ai Chi training and provide guidance on advancing your skills.

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 Retreat. 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.

The Hawksworth Suite, Hollins Hall Hotel, Golf & Country Club Hollins Hill, Baildon, Shipley BD17 7QW

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.



2 Day T'ai Chi Retreat **BOOKING OPTIONS**

Tuesday 23rd April to Wednesday 24th April 2024

T'ai Chi Workshops ONLY - No accommodation or use of hotel pool
£60 per person per day
£120 per person for 2 days

ARRIVING Monday 22nd APRIL @ 4pm, **Departing** Wednesday 24th April

Staying for 2 NIGHTS Bed and Breakfast with 2 days T'ai Chi Workshops

£270 one person in a double room

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

Deduct £120 from the overall cost per person for anyone NOT taking part in the T'ai Chi Workshops.

ARRIVING Tuesday 23rd APRIL @ 10am, **Departing** Wednesday 24th April

Staying for 1 NIGHT Bed and Breakfast with 2 days T'ai Chi Workshops

£195 one person in a double room

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

Deduct £120 from the overall cost per person for anyone NOT taking part in the T'ai Chi Workshops.

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