



Hollins Hall Hotel, Golf & Country Club
Hollins Hill, Baildon, Shipley 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



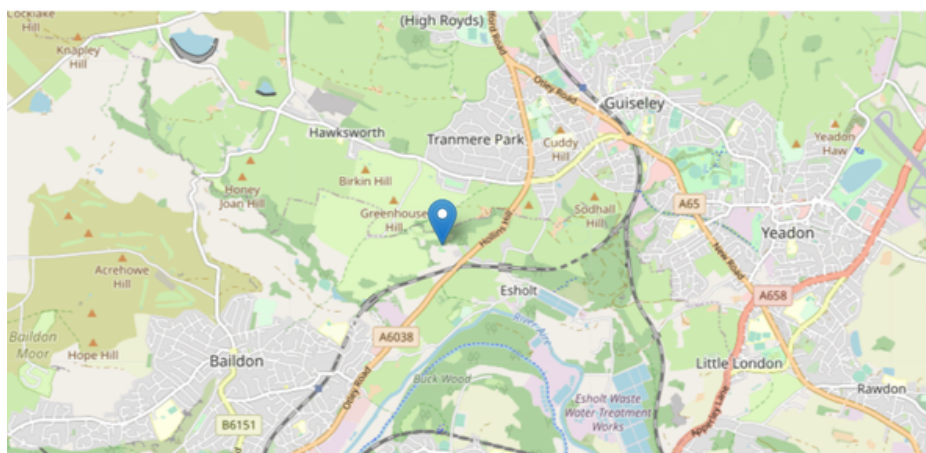
Join us for 2 days of T'ai Chi, Taoist Yoga and Guided Meditation in the tranquil picturesque setting of Hollins Hall Hotel, Golf and Country Club

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

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.



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PLEASE NOTE THAT THE HOTEL IS CASHLESS



More information
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Visit our website
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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)

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)

BOOKING

To book your place please contact Sheila Dickinson 07904 526 944 or book and pay via the website shop 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
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