

## **LFA T'ai Chi Course Dates 2026**

25th January 2026

22nd February 2026

**21st & 22nd March 2026– 2 Day Spring course  
(formerly the Easter Course)**

19th April 2026

17th May 2026

28th June 2026

**18th, 19th, 20th, 21st, 22nd July 2026 -  
5 Day Summer Course**

**Sewerby Retreat 2026 -  
Monday 24th & Tuesday 25th **AUGUST****

20th September 2026

18th October 2026

15th November 2026

6th December 2026