

## About Us

The Retreat is led by Sheila Dickinson Master LFA T'ai Chi Instructor, with 40 years of teaching experience, and her team of highly trained Instructors.



## CONTACT US:

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🌐 [www.lfataichi.online](http://www.lfataichi.online)

📍 Sewerby Hall, Near  
Bridlington East Yorkshire.  
YO15 1ED



Deep relaxation through the gentle movements of LFA T'ai Chi and Taoist Yoga, incorporating mindfulness and breathing techniques.

## JOIN US:

Monday 24<sup>th</sup> & Tuesday 25<sup>th</sup>  
AUGUST 2026

Sewerby Hall  
10:00am to 4:00pm Daily

Cost:  
Two day T'ai Chi Retreat £140  
accommodation not included

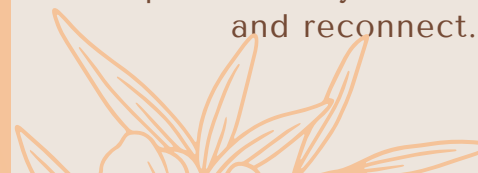
# LFA T'ai Chi COASTAL RETREAT



## SEWERBY HALL

24<sup>TH</sup> & 25<sup>TH</sup> AUGUST 2026

Give yourself the time and space to truly rest, restore, and reconnect.



24th August and 25<sup>th</sup> August 2026

10:00am – 11:00am

Warm-up  
Posture alignment & transitions  
Taoist Yoga - Deep relaxation

Break

11:00am – 11:30am

11:30am – 12:30pm  
T'ai Chi Form  
Group Flow Practice

Lunch

12:30pm – 1:30pm

1:30pm – 2:30pm  
Easing Everyday Ailments  
Strength & Balance  
(Practical techniques for everyday life)

Break

2:00pm - 3:00pm

3:00pm - 4:00pm  
Neural Pathways & Coordination  
(Focus, clarity & decision making)  
T'ai Chi Form



# A RETREAT GIVES YOU THE TIME AND SPACE TO TRULY FEEL THE BENEFITS OF LFA T'AI CHI

- Suitable for all abilities, beginners welcome.
- Indoor (Orangery) and outdoor practice (weather permitting)
- Focus on deep relaxation, gentle movement, and mindful breathing.



## Why Choose Us

Step away from the bustle of everyday life and immerse yourself in a peaceful coastal setting.

This two-day T'ai Chi retreat offers a gentle and supportive space to relax deeply, reconnect with your body, and restore balance.

You are welcome to take part in as many of the sessions as you wish. If you would like time to explore the beautiful grounds, visit the beach, or simply rest, you are free to do so.



BECAUSE TAKING TIME FOR  
YOURSELF MATTERS