



Summer COURSE

— 2026 —

5 DAYS OF LFA T'AI CHI
& TAOIST YOGA

including the

T'AI CHI FORM AND T'AI CHI WEAPONS



DATE:

Saturday 18th - Wednesday 22nd July



TIME:

10am - 2.30pm



COST:

£140 five days, £30 per day, £15 half day



EVERYONE WELCOME:

Suitable for all ages and ability levels



LOCATION:

Inmans Primary School, Hedon, HU12 8NL



You will need a packed lunch and a drink,
soft shoes and comfortable clothing.



Move
Breathe
Grow
Thrive



BALANCE

body
and mind



ENERGY

flow
and vitality



INNER FOCUS

clarity
and calm



WELLBEING

for life
and beyond



JULY

T'AI CHI

Summer Intensive

FIVE DAYS TO TRANSFORM
— YOUR PRACTICE —



Step beyond the ordinary and immerse yourself in an extraordinary five-day journey designed to elevate your T'ai Chi practice, deepen your internal energy, and expand your understanding of the Arts like never before.



This is far more than a standard day course — it is a powerful, progressive experience where each day builds upon the last, taking students to new levels of skill, energy, awareness, and personal transformation.



Whether you are a complete beginner, an experienced practitioner, or somewhere in between, this Summer Intensive offers tailored instruction, expert guidance, and a rare opportunity to fully immerse yourself in the profound depth of authentic T'ai Chi training.



DEEPEN
your practice
and internal energy



ELEVATE
your skills, awareness
and understanding



TRANSFORM
your body, mind
and life



CONNECT
with like-minded
practitioners



ROOTED IN TRADITION. GUIDED BY EXPERIENCE. TRANSFORMATIVE BY DESIGN.



JULY

T'AI CHI

Summer Intensive



THE FOUNDATION OF THE ARTS



Begin your journey with the essential core of our system: the **T'ai Chi Form**, the foundation upon which all other practices are built.

The day also introduces an easy-to-follow **Taoist Yoga** exercise, carefully structured across three levels to suit all mobility ranges. A fully qualified LFA T'ai Chi Instructor will personally guide students through each level, ensuring accessibility and progression for everyone.

Throughout the day, students will also have the option to explore the elegant and meditative **T'ai Chi Sword**.

FOCUS:



T'ai Chi Form

Learn the essential movements and structure that form the basis of all our practices.



Taoist Yoga (3 levels)

Experience a gentle yet powerful practice designed in three levels to suit all abilities and mobility.



T'ai Chi Sword (optional)

Explore the flowing, graceful movements of the sword and their connection to energy and intention.



Foundational energy development

Begin cultivating internal energy, balance, alignment and body awareness from the very first day.



ROOTED IN TRADITION. GUIDED BY EXPERIENCE. TRANSFORMATIVE BY DESIGN.

DAY
2



SUMMER COURSE 2026



DYNAMIC *T'ai Chi Dance*

EXPERIENCE THE VIBRANT FUSION OF
INTERNAL ENERGY (CHI) AND EXTERNAL ENERGY (LI)
THROUGH THE DYNAMIC T'AI CHI DANCE.



This unique practice is especially beneficial for those with joint stiffness, while also offering profound energetic development.



Beginners will learn the mechanics and structure, while more advanced students will delve into deeper energetic and technical layers.



Students preferring to continue focusing on the T'ai Chi Form may do so.

ADDITIONAL TRAINING:



Taoist Yoga



Awareness techniques



Internal and external energy integration



MOVE WITH INTENTION. CONNECT WITH ENERGY. TRANSFORM FROM WITHIN.

DAY
3



SUMMER COURSE 2026



T'AI CHI

Nunchaku

INJECT FUN, SPEED, AND PRECISION
INTO YOUR PRACTICE WITH THE
EXCITING T'AI CHI NUNCHAKU SET.

THIS ENGAGING DISCIPLINE DEVELOPS:



REFLEXES



BALANCE



COORDINATION



FOCUS



AN EMPOWERING AND
HIGHLY ENJOYABLE DAY
THAT CHALLENGES
BOTH MIND AND BODY.



FOCUS. MOVE. MASTER.
ENJOY THE JOURNEY.



DAY
4



SUMMER COURSE 2026



T'AI CHI

Stick

DISCOVER THE FASCINATING T'AI CHI STICK SET,
A DYNAMIC TRAINING METHOD THAT
SIGNIFICANTLY ENHANCES:



FLEXIBILITY



MEMORY



COORDINATION



PRECISION

WITH FULL INSTRUCTOR SUPPORT
REGARDLESS OF EXPERIENCE LEVEL,
STUDENTS CAN CONFIDENTLY EXPLORE
THIS UNIQUE WEAPON SYSTEM WHILE
CONTINUING WITH:



Taoist Yoga



Awareness techniques



T'ai Chi Form refinement



FOCUS. MOVE. MASTER. ENJOY THE JOURNEY.

DAY
5



SUMMER COURSE 2026



MASTERY,

Energy Flow & Transformation

THE SUMMER COURSE CONCLUDES
WITH A POWERFUL FULL-DAY IMMERSION
INTO THE T'AI CHI FORM FOR ALL PARTICIPANTS.

SPECIAL FEATURES
INCLUDE:



ENERGY
FLOW LOOP



TAOIST
WAND



ADVANCED
AWARENESS
DEVELOPMENT



INTEGRATED
UNDERSTANDING
OF THE FULL
FIVE-DAY
PROGRESSION



BY THIS FINAL DAY,
STUDENTS WILL FEEL THE CUMULATIVE POWER OF
FIVE CONTINUOUS DAYS OF DEDICATED TRAINING —
PHYSICALLY, MENTALLY, AND ENERGETICALLY.

FOCUS. MOVE. MASTER. ENJOY THE JOURNEY.





Why This Course Is Different

- 🌸 This is not simply a workshop.
- 🌸 This is not an ordinary T'ai Chi class.
- 🌸 This is a rare opportunity to immerse yourself in a complete system of movement, energy, healing, awareness, and personal growth.

What Makes It Exceptional:

- | | |
|---|--|
|  Progressive five-day transformational structure |  Internal energy cultivation |
|  Suitable for all levels |  Mobility-friendly Taoist Yoga |
|  Fully qualified LFA instructors |  Optional weapon arts |
|  Multiple disciplines within one intensive |  Deep personal development |

Each day strengthens the next, creating a continuous expansion of ability and understanding that simply cannot be replicated in isolated classes.

Flexible Attendance Options

Students may choose:

- 🌸 Half days
- 🌸 Full days
- 🌸 Individual days
- 🌸 The complete five-day intensive experience



Elevate Your Practice This July

If you are ready to move beyond the ordinary, deepen your training, and experience T'ai Chi on a whole new level, this Summer Intensive is your opportunity.

Join us this July and discover how five dedicated days can transform your body, mind, energy, and T'ai Chi journey forever.



LFA T'AI CHI 2026

join in the fun...

SUMMER COURSE

Saturday 18th July to Wednesday 22nd July 2026

10:00am to 2:30pm Daily

£30 per day, £15 per half day, £140 five days

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

*Payments via Bank Transfer (please contact Sheila for details)
or PayPal via the website*

WWW.LFATAICHI.ONLINE/SHOP

BOOK NOW