

New Classes from 10th September 2013

Wu Dan Sword

Also named the Dragon Sword as the movements resemble this mythical being flying in the clouds. Great as a workout in its own right, weapon Forms greatly extend your reach and understanding. As Forms are taught progressively regular attendance is advised.

Tuesdays 8.30-9.30 Bristol Steiner School, Redland.

14 weeks £100

For those who wish to learn at a more relaxed pace-

Over 50's Wu Dan Sword Class, Tuesdays 3.30 4.30,

The Campus, Weston-super-Mare £5/session

Beginners Tai Chi

Move like a great river.

This martial art is practised as slow continuous movement. The health benefits are well publicised improving balance, vitality and general fitness. This class will start from the beginning and follow a traditional training method. First session 12th September.

Thursdays 8-9 pm, Jubilee Hall, Slade Road, Portishead

14 weeks £100

Foundation Course in Zhan Zhuang

Stand still as a mountain

Progressing through simple steps, this art is the foundation of Da Cheng Chuan. From September 10th I will be teaching with a slightly different approach. Although it is possible to attend intermittently, regular attendance is advised. The body, energy and understanding all need to develop together.

Tuesdays 7.30-8.30 Bristol Steiner School, Redland.

14 weeks £100

Diary Dates

Tuesday 23 rd July	No daytime classes Last Steiner School session
Weds 24 th July to Weds 7 August	No Classes
Thurs 8 August	All classes resume
Monday 19 August	No Clevedon Scouts Hut Class (floor is being cleaned)
Mon 26 th August	Bank Holiday, No Classes
Tues 10 Sept	New Classes Start- see left
20- 22 Sept	Weekend Residential Workshop
Sat 19 th Oct	Annual Demo and Party W-s-M
25- 29 Nov	No Classes

Autumn Zhan Zhuang Residential Workshop

September 20-22, Beacon Bank Farm, Stafford

Zhan Zhuang is always about relaxing and working at the same time! These weekends are usually focused on a single topic. With a full and relaxed schedule we have the chance to really develop our practice. There is plenty of time for socialising, enjoying the great food and atmosphere of this Buddhist retreat centre. Places are very limited creating a very intimate training opportunity.

Arrive Friday evening, depart Sunday after lunch.

All inclusive price £200

Please email or phone to book a place.