

Enrolment form.

Cornwall Tai Chi workshops.

Presented by Master Fay Yip from the Deyin Taijiquan Institute.

Date 31st of March 2012.

Morning workshop.

Venue: Chacewater Village Hall.
Church Hill, Chacewater TR48PZ, Cornwall.

Times: 10:00 to 12:30

Afternoon workshop.

Venue: Carnon downs Village Hall.
Nr Alexander Court TR36JJ, Cornwall

Times: 14:00 to 16:30

Itinerary: Warming up exercises, 4 Ba Duan Jin exercises which are gentle health and fitness Qigong movements which stimulate Chi energy. Also on the programme are the Tai Chi 24 Forms Yang styles. The graceful Tai Chi movements are relaxing and assist with the improvement of one's wellbeing. Students attending both workshops will experience the complete range of 8 Ba Duan Jin exercises as set by Chinese Health Qigong Association.

For further information view: www.deyin-taiji.com

And/or contact organiser: Stanley Reeves tel: 01872-241489. E-mail reevesstanley@ymail.com

Costs are £25.- for the morning session and £25.- for the afternoon session. (free parking available)
Students can attend one session but are also welcome to attend both sessions (cost £50).

Pre book before the 1st of March. This is a popular workshop and early booking is recommended.

Please complete the slip below and return it with a cheque for the full and appropriate amount.

Please make cheque payable to: **Deyin Taijiquan Institute.**

Send slip and cheque to: Stanley Reeves
117 Eglos Road.
Shortlanesend.
Truro TR4 9DR

Tai Chi workshop: 31st of March 2012

Name:

Address:

Telephone:

E-mail: