



Summer Holiday and Workshop Dates 2018

Please check carefully by DAY for your class/es as dates vary quite significantly and a few classes have interruptions during July.

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Day	Time	Venue	Class or workshop	Last class on	Restarts on
Monday	10.30am	Fordingbridge	TCQ Waves drop-in	23 July	10 Sept
Monday	12 noon	Verwood	TCQ Waves drop-in	23 July	10 Sept
Tuesday	1pm	Ringwood	TCQ Waves drop-in	31 July	11 Sept
Tuesday	2pm	Ringwood	TC for Health (TCA)	31 July	11 Sept
Wednesday	10am	Wilton	TCQ Waves drop-in	25 July	12 Sept
Wednesday	11am	Wilton	D&T Qigong	25 July	12 Sept
Wednesday	12 noon	Wilton	Tai Chi Wu 64	25 July	12 Sept
Wednesday	12 noon	Wilton	TCQ Waves drop-in • NO noon TCQ on 11 July	25 July	12 Sept
Wednesday	6.30pm	Downton MH	TC Qigong drop-in	25 July	12 Sept
Wednesday	7.15pm	Downton MH	Tai Chi Wu 64	25 July	12 Sept
Thursday	11am	St L&St Ives	TC for Health (TCA)	2 August	13 Sept
Thursday	2.30pm	Fordingbridge	TC for Health (TCA)	2 August	13 Sept
Thursday	6.30pm	Salisbury	TC Qigong drop-in	28 June	13 Sept
Thursday	7.15pm	Salisbury	Tai Chi 5 Section Yang	28 June	13 Sept
Friday	11am	Downton DH	D&T Qigong • No classes on 6 or 13 July	20 July	21 Sept
Friday	1.30pm	Downton DH	Taoist Meditation • No classes on 6 or 13 July	27 July	14 Sept
Friday	2pm	Downton DH	Healing Group	20 July	21 Sept
Weekdays	Various	Downton DH	Private Lessons	26 July	18 Sept
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Saturday & Sunday	10am	Downton DH	5 SEASONS workshop Summer Qigong	30 June & 1 July	
Saturday	12 noon	Downton MH	5 Section Yang Tai Chi Partner Hand and Partner Sword 12-3.30	14 July	
Sunday	10.30am	Downton DH	Chen style Tai Chi	15 July	
Saturday	10.30am	Downton DH	Chen style Tai Chi	4 August	
Saturday & Sunday	10am	Downton DH	5 SEASONS workshop Late Summer Qigong	22 & 23 Sept	
Sunday	10am	Downton MH	5 Section Yang Tai Chi Forms	7 Oct	
Sunday	10am	Downton MH	Wu Style Tai Chi	21 Oct	
Saturday	10am	Wilton	5 Section Yang Tai Chi Forms	27 Oct	
Saturday & Sunday	10am	Downton MH	5 SEASONS workshop Autumn Qigong	17 & 18 Nov	
Saturday	10am	Downton MH	5 Section Yang Tai Chi Forms	24 Nov	
Saturday	10am	Downton MH	5 Section Yang Tai Chi Forms	15 Dec	
Sunday	10am	Downton MH	Wu Style Tai Chi	16 Dec	

If you are interested in trying a new class or workshop please contact us.