

## Summer Holiday... Jane and Patrick are taking a break from all weekly classes from 29th July.

Gina will run Monday drop-in classes in Fordingbridge and Verwood only, until 14 August inclusive and anyone can attend these.

## Classes restart on Monday 11th September.

We wish you all a happy, healthy, relaxing summer and look forward to seeing you again in September. This newsletter has details of some changes and new opportunities.

## New Tai Chi classes & workshops

We will be restructuring some key daytime and evening classes and creating regular workshops to start teaching Tai Chi for health in different formats, to include beginners. Choose Yang or Wu style to suit your needs. We will be letting students try any weekly class pro-rata for 1 session before deciding whether it suits them.

## Wu style Tai Chi for Health

If your main interest is to learn Tai Chi for health and wellbeing, why not try our new Wu style Tai Chi classes and workshops? We cannot put it better than one of our students:

*"Reduced stress levels, increased energy, improvements in balance and posture, an all round 'feel good' factor ... are just a few of the benefits. ...I look forward to the next stage of my Wu Style Tai Chi journey."*

Wilton Community Centre, Wiltshire SP2 0DZ **Weekly classes**  
**Weds from 13th Sept** 12 noon - 1pm. £35 / 5 sessions

Downton Memorial Hall, Wiltshire SP5 3NB **Weekly classes**  
**Weds from 13 Sept** 6.30pm - 8.30pm £65 / 5 sessions.  
*includes a 45 minute qigong set that can also be attended separately from 6.30pm for £6*

Downton Memorial Hall, SP5 3NB. **Workshop Format**  
**Sun 1st Oct / 19th Nov / 10th Dec** 10am - 3.30pm £45

## Yang style Tai Chi for Health

Our Yang curriculum is for the more active student & explores a full range of dynamic extension within training, using solo and partner forms and including tai chi sword forms.

St Osmund's RC Primary School, Salisbury **Weekly classes**  
**Thurs from 14th Sept** 6.30 - 8.30pm. £65 / 5 sessions  
*includes a 45 minute qigong set that can also be attended separately from 6.30pm for £6*

Wilton & Downton **Workshop Format**  
**Sat 30th Sep / 18th Nov / 9th Dec** 10 - 3.30pm. £45  
Includes study of the traditional Eight Silk Brocade Neigong.

## Tai Chi for Arthritis

This popular Sun Style Tai Chi form adapted by Dr Paul Lam continues to be taught by Gina Davenport in Ringwood on Tuesdays at 2pm and St Leonards & St Ives, then Fordingbridge on Thursdays at 11am and 2.30pm respectively. For details please call her on 07792 979039

We will be hosting **Get More Chi in Your Tai Chi** with Master Bruce Frantzis: 13-15 October Putney, London. An excellent training opportunity. Prices tbc.

## New pricing structure from September

We are changing our pricing structure to reflect our rising costs and experience. The main difference for progressive learning classes is that we will not be carrying forward credit from block payments. In line with most schools we ask for your commitment to courses, paying for us to be there for you.

**Waves and Clouds / TaiChi Qigong Drop-ins** £7

**Progressive 1 hour classes** will still be charged in blocks of 5 for £35 with specific start dates (*cannot be carried forward*).

**Wu & Yang Tai Chi** classes and workshops as listed opposite.

**D&T intermediate** Wilton may be attended for £8 a session if you know you cannot attend every week.

**D&T fortnightly** Downton: can be paid as £45 for 3 in a set date block, £32 for 2 in the block or £18 for 1 (*unplanned absences cannot be carried forward*).

**Meditation** £8 per session

**Healing Group** £12 per 1.5 hour session

**Capped Rate** £130 per 5 weeks (now includes Healing Group but not Workshops)

**Private lessons** £40 per hour in Downton (min 1 hour 1:1 but no shared sessions at this rate)

## Qigong for the Five Seasons - Workshops

Wilton Community Centre, Wiltshire SP2 0DZ

**Sat Sept 23rd 2017** 10am - 4.30pm. £50 (£30 am only)

**Sun Sept 24rd 2017** 10am - 1pm *Must have done Sat* £20

## Late Summer to Centre & Integrate

Learn how to integrate qigong into everyday life whilst staying in harmony with the natural energy of the season. The Chinese consider late summer to be an independent season. The Earth element rules and we focus, gather and integrate our qi through the organs of spleen and stomach.

This is a full day workshop with an optional '*Sink-in Sunday*' session the following day, 10am - 1pm, to revise, absorb and practise. Weekend workshops are where we teach in depth and we recommend them to all of our students as the best way to improve your tai chi or qigong at any level.

## Waves and Clouds / Tai Chi-Qigong Drop-in

Our popular relaxation tai chi qigong exercise class is now running 4 days a week in 8 classes, at 6 different venues. If you miss your regular session, why not drop-in to a different one? Classes always open to new beginners. £7 for 1 hour unless specified below.

	Weds Wilton 10am & 12 noon
Mon Fordingbridge 10.30am	Weds Downton 6.30pm (45mins)
Mon Verwood 12 noon	Thurs St Leonards & St Ives 10am
Tues Ringwood 1pm	Thurs Salisbury 6.30pm (45 mins)

## Longwater Retreats

Bergerac, France. 2nd-9th Sept 2017

This years retreat is fully booked, but you might be interested to know that we are planning to hold more regular 3 to 7 day retreats and immersive events in the next year or two, both here in the U.K. and abroad.

Please let us know if you are interested in this form of very focused study, and we'll put you on the email list.

more details and videos on our website  
www.longwatertaichi.co.uk

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A BETTER LIFE  
ALL YEAR ROUND!**