



The
JADE SUN SCHOOL
of TaiChi & QiGong

1 DAY WORKSHOP
EXPLORE THE INTERNAL ROTATIONS OF THE
TAI CHI SHORT FORM UP TO 2ND SINGLE WHIP

29th July 2017

Times: 9:30am to 7:30pm

Venue: Elysium Sanctuary, Wexford - Rathnageeragh, Gusserane, Newbawn, Near New Ross.

This Seminar is suitable for

- Trainee & Certified Instructors of the Jade Sun School of Tai Chi & Qi Gong
- All Students who have attended classes of the School and who are familiar with the Short Form up to 2nd Single Whip

SESSION 1: 9:30AM-12:30

Explore the Internal Rotations of the Tai Chi Short Form up to 2nd Single Whip.



SESSION 2: 1:30-4:30 ~ SELF-PRACTICE

This session will give attendees the opportunity to engage in self-practice. This allows Gary & Neal to work with individuals to enhance their personal practice & understanding.

SESSION 3: 5:30-7:30 ~ GUIDED FORM PRACTICE

During this session you will have the opportunity to practice what you have learned during the day in a structured & focused way as the instructor leads you through the correct movement.



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Cost: €40 per individual session or €90 for the full day

Registered Instructors of the Jade Sun School of Tai Chi & Qi Gong can attend the full day for €75

Registered & Associate Instructors will also gain 2 CPD points.

Please contact us to book a place.

Payments accepted via cash, cheque, bank transfer, PayPal or Sumup.

Please contact Gary (087 228 7708) or Neal (087 908 5684) with any queries.

