



Qigong and Nature - Spring Awakening

Neal's Yard Remedies, Salisbury

Saturday Mar 4th 2017 11am - 1pm. Cost £20

Allow the nourishing energy of spring to start to soften and awaken the body. Spring practices from Ancient China allow your body and mind to gently stretch and grow, moving smoothly and meditatively in harmony with the season. Small group qigong mini-workshops at Neal's Yard Remedies are more personal than regular classes and allow time for students' questions and adjustments. *Booking and pre-payment essential.*

Next mini-workshop (NYR, Salisbury): **Sat 6th May**

Qigong for the Five Seasons

Wilton Community Centre, Wiltshire



Join us in a new adventure that spans the year and its 5 seasons, helping you to synchronise and balance your energy with the enduring cycles of nature. Our aim is to bring you the best practices from our tradition for your physical, mental and emotional wellbeing, progressing through the rhythms and changes of the year. Full day workshops are where we teach in depth and at many levels, so all are welcome.

This series has full day workshops on the Saturdays listed and optional *'Sink-in Sunday'* sessions the following day, 10am - 1pm, to revise, absorb and practise what has been taught.

Apr 1st 2017 - Spring Growth & Gentle Extension

Saturday - 10am to 4.30pm. Cost £60 (£50 for existing students who attend any weekly or fortnightly class with us)

Spring brings the opportunity for growth and gentle extension. The associated Chinese element is wood and the associated organs that come into focus are the liver and the gall bladder. A healthy liver can help you to respond more calmly to obstacles in your path, to smoothly adapt and change rather than becoming emotionally bound and stuck. We will look at appropriate ways to start to awaken, relax and stretch the body and mind, with specific techniques to lengthen tissue, open joints, flush the liver qi, connect lower and upper body, use the abundant qi energy of the natural world and grow your store of life energy .

'Sink-in Sunday' April 2nd 10am - 1pm (for students who have attended the Saturday workshop). £20

Jun 24th 2017 - Summer's Joyful Opening

Sep 23rd 2017 - Late Summer to Centre & Integrate

Nov 4th 2017 - Autumn Gathering (NB Date changed)

Jan 13th 2018 - Winter Calm & Storing

All the above dates are Saturdays, in Wilton, with optional *'Sink-in Sunday'* sessions the following day.

You can attend any or all of the workshops. Discounts available when you attend consecutive Saturday sessions.

Private Lessons with Jane or Patrick

Limited availability. £45 for 90 minutes. Held in Downton, Wiltshire. May be shared between max 2 people.

Dragon & Tiger Qigong Taster

The Dragon House, Downton, Wiltshire SP5 3LT

Friday 5th May 2017 11am to 12.30pm Cost £12

This taster session is designed to introduce you to the popular Dragon & Tiger Qigong set which works the acupuncture meridians of the body, using your hands and mind in specific ways to feel, stimulate and circulate your qi. Once we have enough interest, the set is taught fortnightly on Fridays in 2 hour sessions, in small groups at our home studio in Downton.

Tai Chi for Health with Gina Davenport

Avonway Community Centre, Fordingbridge

Thursdays 2.30pm-3.30pm £35 for 5 week blocks

Dr Lam's Tai Chi system, focusing on improving balance, mobility and joint pain.

Also starting in Ringwood during 2017

Waves and Clouds Drop-in Classes

Our popular relaxation tai chi qigong is now running 4 days a week in 7 classes, at 6 different venues, including a new Tai Chi-specific class in Downton. If you miss your regular session, why not drop-in to a different one? Always open to new beginners.

Mon Fordingbridge 10.30am Weds Wilton 10am & 12 noon
Mon Verwood 12 noon Weds Downton 7.30pm
Tues Ringwood 1pm Thurs St Leonards & St Ives 10am

5 Section Taijiquan Improvers

Downton Memorial Hall.

Sundays: 19th March, 9th April

10am-11.30am 5 Section Partner &/or Solo Hand Form £7.50
11.30am-1pm Solo Sword Form and Sword Drills £7.50

Beginners 5 Section Tai Chi

Friends in or near Southampton? They might like to try our new weekly class in West End, on Monday evenings at 7pm.

Healing Group

For those regular students who are also interested in learning about and developing spiritual healing practices. The new group is now full, but if you think you might be interested in this topic, please let Jane know, for future events or courses.

Wu Style Long Form (ongoing students only)

Downton Memorial Hall, Downton

Sundays: 5th March, 7th May 10am to 1pm. Cost £30

Easter break & no classes on Bank Holidays

No classes from **Fri Apr 14th to Sun Apr 23rd inclusive.**

and lots more in 2017...

*Longwater Tai Chi is doing talks and tasters, delivering sessions for corporate clients, working with the Alzheimer's Society, performing at festivals incl World Tai Chi & Qigong Day, teaching a 'Tai Chi Qigong' immersion day on an organic farm in Dorset, running our annual French Retreat nr Bergerac (now Full) , and much more... check our website regularly for details, videos, updates and LOTS of useful information about the material that what we teach, plus dates of workshops, courses and classes. * Remember to let us know if you change your email address and would like to carry on receiving our emails*