

Taijiquan Form & Skills Workshop

..A *personal weekend* with Shifu Andy James

This workshop is an *unique opportunity* for you (whatever your skill level) to polish your Taijiquan form and deepen your understanding and practice of its underlying dynamics and energetics under the personal guidance of Shifu Andy James, Founder of the **Tai Chi & Meditation Centre**, international



martial arts coach and judge, and author of four books including, *The Spiritual Legacy of Shaolin Temple: Buddhism, Daoism & the Energetic arts.*

The weekend will include detailed Taijiquan form review (as taught at the Tai Chi & Meditation Centre), Taijiquan qigong, static and dynamic structure, partner exercises and more. Our host will be the beautiful and eco-friendly Harmony Dawn retreat, nestled in the Northumberland Hills and a short walk through its forests to historic and scenic Rice Lake. Harmony Dawn's acclaimed chef is Nicola Lawrence, who has two popular Harmony Dawn cookbooks to her credit. Improve your Taijiquan, relax, and eat well....What more could you want?!!

Location: Harmony Dawn Retreat

Date: March 5-7, 2010

Cost: \$345 plus 5% GST