

SATURDAY	SATURDAY	SATURDAY	SATURDAY
10.00-10.45	10.00-10.45	10.00-10.45	10.00-10.45
Jin Jing Qigong	Spine Circle	Tongbei Workout	Fundamentals of Fixed Step Pushing
- Helmut Oberlack	- Tina Faulkner-Elders	- Angela Menzel	- Ben Morris
10.50-11.35	10.50-11.35	10.50-11.35	10.50-11.35
A Taste of Xingyiquan	5 Words of Self Composure	Xing Yi Quan 5 Elements	Testing Your "Roots"
- Luigi Zanini	- Yanira Masich	- Birinder Tember	- Roberto Benetti
11.45-12.30	11.45-12.30	11.45-12.30	11.45-12.30
5 Element Warmup – Destructive Cycle	Rooting Downwards - Connecting Upwards	Understanding the Hip & Waist in Taiji	Praying Mantis Drills
- Bob Lowey	- Gillian Reid	- Sam Masich	- Cunyi Deistler
14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45
Luohan Gong - an introduction	Hip Circle	Tui Shou – Angela Style	The 8 Gates in Push Hands
- Yonghui Diestler-Yi	- Tina Faulkner-Elders	- Angela Menzel	- Roberto Benetti
15.00-15.45	15.00-15.45	15.00-15.45	15.00-15.45
Qigong – Neigong of the 5 Dynamics	3 External harmonies in Taijiquan	XingYi Punches	Sensing Hands
- Enrico Colmi	- Helmut Oberlack	- Sergio Uzzo	- Javier Aranz
16.00-16.45	16.00-16.45	16.00-16.45	16.00-16.45
You, Your Mind & Taijiquan	5 Animal Exercises	Xing Yi Quan 5 Elements	Moving Step Push Hands
- Barrie Jehu	- Bob Lowey	- Birinder Tember	- Ben Morris
SUNDAY	SUNDAY	SUNDAY	SUNDAY
10.00-10.45	10.00-10.45	10.00-10.45	10.00-10.45
5 Element Dance	6 Healing Sounds	Building & Guiding Qi	Sensing Sword
- Bob Lowey	- Luigi Zanini	- Gillian Reid	- Javier Aranz
10.50-11.35	10.50-11.35	10.50-11.35	10.50-11.35
Taiji Ba Men	Shoulder Circle	Xing Yi Quan 5 Elements	Taiji 5 Phase Fist
- Yonghui Deistler-Yi	- Tina Faulkner-Elders	- Birinder Tember	Sam Masich
11.45-12.30	11.45-12.30	11.45-12.30	11.45-12.30
Qigong – Neigong of the 5 Dynamics	Bagua Qigong	8 Kicks from Yang Style Taijiquan	Dantian Neigong
- Enrico Colmi	- Simona Longeri	- Yanira Masich	- Roberto Benetti
14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45
Wong Kung Shao Tao	The Empty Step	Bagua Workout	From Pushing to Applications
Bob Lowey	- Gillian Reid	- Angela Menzel	- Ben Morris
15.00-15.45	15.00-15.45	15.00-15.45	15.00-15.45
Shibashi –Set 3	5 Bow Structure	Xing Yi Quan 5 Elements	Praying Mantis Hand Techniques
- Helmut Oberlack	- Tina Faulkner-Elders	- Birinder Tember	- Cunyi Deistler
16.00-16.45	16.00-16.45	16.00-16.45	16.00-16.45
You, Your Mind & Taijiquan	Great Heaven Circulation	Circular & Spiralling Movements	Taiji Push Hands Combinations
- Barrie Jehu	- Luigi Zanini	- Roberto Benetti	- Yonghui Deistler-Yi

