

SATURDAY	SATURDAY	SATURDAY	SATURDAY
10.00-10.45	10.00-10.45	10.00-10.45	10.00-10.45
Luohan Gong - an introduction <i>- Yonghui Diestler-Yi</i>	Building the energy sphere <i>- Gillian Reid</i>	Fixed Step Push Hands <i>- Ben Morris</i>	Comfort in Pushing Hands) <i>- Judith van Drooge</i>
10.50-11.35	10.50-11.35	10.50-11.35	10.50-11.35
Introduction to Straight Sword <i>- Colin Hamilton</i>	Shibashi – Set 8 <i>- Helmut Oberlack</i>	Tongbei Jibengong <i>- Angela Menzel</i>	Lian Shou (Lotus Hands) <i>- Niki Deistler</i>
11.45-12.30	11.45-12.30	11.45-12.30	11.45-12.30
Eight Breaths Qigong <i>- Emma Lee</i>	Five Element Steps <i>- James Lau K King</i>	Internal Art <i>- Judith van Drooge</i>	Ding Bu Tui Shou <i>- Giovambattista Scavo</i>
14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45
Heart Power & Heart Silence <i>- Margret Sturz</i>	Improve Sensitivity with Basic Tuina Techniques <i>- Roberto Bonetti</i>	San Shou 2 Person Form <i>- Emma Lee</i>	Taiji body conditioning <i>- Niki Deistler</i>
15.00-15.45	15.00-15.45	16.00-16.45	15.00-15.45
Water Qigong <i>- Giovambattista Scavo</i>	3 External harmonies <i>- Helmut Oberlack</i>	Sword Training Techniques <i>- Colin Hamilton</i>	Reflection in Pushing Hands <i>- Judith van Drooge</i>
16.00-16.45	16.00-16.45	16.00-16.45	16.00-16.45
Taijiquan Basics <i>- Yonghui Deistler-Yi</i>	Respiration in Qigong and Taiji <i>- Margret Sturz</i>	Tongbei Jibengong <i>- Angela Menzel</i>	Footwork in Applications <i>- James Lau K King</i>
SUNDAY	SUNDAY	SUNDAY	SUNDAY
10.00-10.45	10.00-10.45	10.00-10.45	10.00-10.45
Introduction to Straight Sword <i>- Colin Hamilton</i>	Respiration in Qigong and Taiji <i>- Margret Sturz</i>	Recycling energy <i>- Gillian Reid</i>	Releasing The Centre <i>- Giovambattista Scavo</i>
10.50-11.35	10.50-11.35	10.50-11.35	10.50-11.35
Luohan Gong - an introduction <i>- Yonghui Deistler-Yi</i>	3 External harmonies <i>- Helmut Oberlack</i>	San Shou 2 Person Form <i>- Emma Lee</i>	Footwork in Applications <i>- James Lau K King</i>
11.45-12.30	11.45-12.30	11.45-12.30	11.45-12.30
The Xuan Chuan Sphere <i>- Valter Doldi</i>	Improve Sensitivity with Basic Tuina Techniques <i>- Roberto Bonetti</i>	Moving Step Push Hands <i>- Ben Morris</i>	White Crane basics <i>- Niki Deistler</i>
14.00-14.45	15.00-15.45	14.00-14.45	14.00-14.45
Heart Power & Heart Silence <i>- Margret Sturz</i>	Fun in Pushing Hands <i>- Emma Lee</i>	5 Element Steps <i>- James Lau K King</i>	Comfort in Pushing Hands <i>- Judith van Drooge</i>
15.00-15.45	15.00-15.45	15.00-15.45	15.00-15.45
Chinese Calligraphy <i>- Yonghui Deistler-Yi</i>	Shibashi –Set 8 <i>- Helmut Oberlack</i>	Tongbei Jibengong <i>- Angela Mentzel</i>	Taiji body conditioning <i>- Niki Deistler</i>
16.00-16.45	16.00-16.45	16.00-16.45	16.00-16.45
Yu Bei Shi (shaking) <i>- Helmut Oberlack</i>	From The Biospirals Method to Xuan Chuan <i>- Valter Doldi</i>	Reflection in Pushing Hands <i>- Judith van Drooge</i>	Huan Bu (moving step) Tui Shou <i>- Giovambattista Scavo</i>