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| **SATURDAY** | **SATURDAY** | **SATURDAY** | **SATURDAY** |
| **10.00-10.45** | **10.00-10.45** | **10.00-10.45** | **10.00-10.45** |
| **Jin Jing Qigong** | **5 Words of Self Composure** | **Tongbei Workout** | **Fundamentals of Fixed Step Pushing** |
| *- Helmut Oberlack* | *- Yanira Masich* | *- Angela Menzel* | *- Ben Morris* |
| **10.50-11.35** | **10.50-11.35** | **10.50-11.35** | **10.50-11.35** |
| **Xiao Yijinjing** | **Spine Circle** | **Xing Yi Quan 5 Elements** | **Testing Your “Roots”** |
| *- Luigi Zanini* | *- Tina Faulkner-Elders* | *- 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 Arnanz* |
| **16.00-16.45** | **16.00-16.45** | **16.00-16.45** | **16.00-16.45** |
| **You, Your Mind & Taiji** | **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** | **Great Heaven Circulation** | **Building & Guiding Qi** | **Sensing Sword** |
| *- Bob Lowey* | *- Luigi Zanini* | *- Gillian Reid* | *- Javier Arnanz* |
| **10.50-11.35** | **10.50-11.35** | **10.50-11.35** | **10.50-11.35** |
| **Taiji Ba Men** | **Shoulder Circle** | **Xing Yi 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** | **Xing Yi Quan 5 Elements** | **From Pushing to Applications** |
| *Bob Lowey* | *- Gillian Reid* | *- Birinder Tember* | *- Ben Morris* |
| **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |
| **Shibashi –Set 3** | **5 Bow Structure** | **Bagua Workout** | **Praying Mantis Hand Techniques** |
| *- Helmut Oberlack* | *- Tina Faulkner-Elders* | *- Angela Menzel* | *- Cunyi Deistler* |
| **16.00-16.45** | **16.00-16.45** | **16.00-16.45** | **16.00-16.45** |
| **You, Your Mind & Taijiquan** | **Xiao Yijinjing** | **Circular & Spiralling Movements** | **Taiji Push Hands Combinations** |
| *- Barrie Jehu* | *- Luigi Zanini* | *- Roberto Benetti* | *- Yonghui Deistler-Yi* |