

SATURDAY	SATURDAY	SATURDAY	SATURDAY
10.00-10.45	10.00-10.45	10.00-10.45	10.00-10.45
Meditation – sitting in silence & breath	Intro to Classical Yang Style Push Hands	Wudang San Feng Gun Form	Peng – elasticity
- Margret Stuerz	- Dorian Gregory	- Ben Morris	- Wilhelm Mertens
10.50-11.35	10.50-11.35	10.50-11.35	10.50-11.35
Huang's Up and Down	Integrating Body & Mind in Prep for Taiji	Spine Circle	Baguazhang – Basic Exercises/ Principles
- Roderik Schoorlemmer	- Yanira Masich	- Tina Faulkner Elders	- Sonja Schillo
11.45-12.30	11.45-12.30	11.45-12.30	11.45-12.30
Shaking Qigong	Stance in Sensing Hands	Xiao Yijinjing	Chin Na
- Helmut Oberlack	- Javier Aranz	- Luigi Zanini	- Pim van der Broek
14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45
Huang's #1 - Spiral	Sha Qigong	Wubuquan – 5 Stances Fist	Wudang San Feng Gun Partner Work
- Roderik Schoorlemmer	- Sonja Schillo	- Yanira Masich	- Ben Morris
15.00-15.45	15.00-15.45	15.00-15.45	15.00-15.45
The Walks of The Wise Man & of The Crane	Hip Circle	Yang Taijiquan Baduanjin	Lu – following and joining
- Helmut Oberlack	- Tina Faulkner-Elders	- Dorian Gregory	- Wilhelm Mertens
16.00-16.45	16.00-16.45	16.00-16.45	16.00-16.45
Walking Meditation	5 Element Push Hands	Sensing Hands & Sensing Sword	Bagua Bodywork
- Margret Stuerz	- Pim van der Broek	- Javier Aranz	- Luigi Zanini
SUNDAY	SUNDAY	SUNDAY	SUNDAY
10.00-10.45	10.00-10.45	10.00-10.45	10.00-10.45
Meditation – sitting in silence & breath	Guang Qi Qigong – Nourishing the Qi	Stance in Sensing Hands	Ji – compression
- Margret Stuerz	- Luigi Zanini	- Javier Aranz	- Wilhelm Mertens
10.50-11.35	10.50-11.35	10.50-11.35	10.50-11.35
Huang's # 3 - Pull	Intro to Classical Yang Style Push Hands	Shoulder Circle	Bagua Flow
- Roderik Schoorlemmer	- Dorian Gregory	- Tina Faulkner-Elders	Ben Morris
11.45-12.30	11.45-12.30	11.45-12.30	11.45-12.30
Integrating Body & Mind in Prep for Taiji	Shibashi – Set 3	Tongbeiquan Basic Exercises/Principles	Chin Na
- Yanira Masich	- Helmut Oberlack	- Sonja Schillo	- Pim van der Broek
14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45
5 Bow Structure	5 Element Push Hands	Sensing Hands & Sensing Sword	Practical Self-Defense
- Tina Faulkner Elders	- Pim van der Broek	- Javier Aranz	- Ben Morris
15.00-15.45	15.00-15.45	15.00-15.45	15.00-15.45
The Walks of The Wise Man & of The Crane	Huang's #5 - Push	Yang Taijiquan Baduanjin	Xingyiquan Basic Exercises/Principles
- Helmut Oberlack	- Roderik Schoorlemmer	- Dorian Gregory	- Sonja Schillo
16.00-16.45	16.00-16.45	16.00-16.45	16.00-16.45
Walking Meditation	Zhan Zhuang	An – stillness becomes movement	Wubuquan – 5 Stances Fist
- Margret Stuerz	- Luigi Zanini	- Wilhelm Mertens	- Yanira Masich

