|  |  |  |  |
| --- | --- | --- | --- |
| **SATURDAY** | **SATURDAY** | **SATURDAY** | **SATURDAY** |
| **10.00-10.45** | **10.00-10.45** | **10.00-10.45** | **10.00-10.45** |
| **Waigong – External Preparation** | **Relaxed Sensing** | **Discover the Centre** | **I Liq Chuan Principles & Practice** |
| *Margret Stuerz* | *Ben Morris* | *Margherita Padalino* | *Bartosz Samitowski* |
| **10.50-11.35** | **10.50-11.35** | **10.50-11.35** | **10.50-11.35** |
| **Daoyin Yangsheng Gong Stress Management** | **5 Elements: Wood, Fire & Earth** | **Pushing Hands for Beginners** | **Taiji Sword Foundations - Solo** |
| *Tina Faulkner Elders* | *Pim van den Broek* | *Emma Lee* | *Yanira Jigetsu Rodriguez* |
| **11.45-12.30** | **11.45-12.30** | **11.45-12.30** | **11.45-12.30** |
| **Sha Qigong** | **Being Upright & Present** | **360 degree Taijiquan** | **Structural Force** |
| *Sonja Schillo* | *Wilhelm Mertens* | *Javier Arnanz* | *Gianfranco Pace* |
| **14.00-14.45** | **14.00-14.45** | **14.00-14.45** | **14.00-14.45** |
| **Neigong: Internal Preparation** | **5 Animals Qigong** | **Taiji’s Trample-Leg Stepping** | **Moving Step Sensing Hands** |
| *Margret Stuerz* | *Margherita Padalino* | *Javier Arnanz* | *Ben Morris* |
| **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |
| **Daoyin Yangsheng Gong Stress Management** | **Internal Adjustment for Distance** | **5 Elements: Metal & Water** | **Taiji Sword Foundations - Partner** |
| *Tina Faulkner Elders* | *Wilhelm Mertens* | *Pim van den Broek* | *Yanira Jigetsu Rodriguez* |
| **16.00-16.45** | **16.00-16.45** | **16.00-16.45** | **16.00-16.45** |
| **Baguazhang Basic Principles** | **10 Taiji Principles 1 - 5** | **I Liq Chuan Principles & Practice** | **Training Elastic Force** |
| *Sonja Schillo* | *Emma Lee* | *Bartosz Samitowski* | *Gianfranco Pace* |
| **SUNDAY** | **SUNDAY** | **SUNDAY** | **SUNDAY** |
| **10.00-10.45** | **10.00-10.45** | **10.00-10.45** | **10.00-10.45** |
| **Daoyin Yangsheng Gong Stress Management** | **How Legs Influence & are Influenced** | **I Liq Chuan Principles & Practice** | **Spiral Energy & Explosive Force** |
| *Tina Faulkner Elders* | *Wilhelm Mertens* | *Bartosz Samitowski* | *Gianfranco Pace* |
| **10.50-11.35** | **10.50-11.35** | **10.50-11.35** | **10.50-11.35** |
| **Waigong – External Preparation** | **Expansion & Contraction** | **Stance Phases - Traditional** | **Sensing to Application -Striking** |
| *Margret Stuerz* | *Margherita Padalino* | *Yanira Jigetsu Rodriguez* | *Ben Morris* |
| **11.45-12.30** | **11.45-12.30** | **11.45-12.30** | **11.45-12.30** |
| **Tongbeiquan Basic Principles** | **Lifting Your Energy** | **Introduction to Fajin Exercises** | **360 degree Taijiquan** |
| *Sonja Schillo* | *Pim van den Broek* | *Emma Lee* | *Javier Arnanz* |
| **14.00-14.45** | **14.00-14.45** | **14.00-14.45** | **14.00-14.45** |
| **Daoyin Yangsheng Gong Stress Management** | **Taijiquan Footwork** | **Taiji’s Trample-Leg Stepping** | **Sensing to Application - Throwing** |
| *Tina Faulkner Elders* | *Wilhelm Mertens* | *Javier Arnanz* | *Ben Morris* |
| **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |
| **Taiji Principles 6-10** | **Water Qigong** | **Stance Phases - Modern** | **Soft v Hard** |
| *Emma Lee* | *Margherita Padalino* | *Yanira Jigetsu Rodriguez* | *Pim van den Broek* |
| **16.00-16.45** | **16.00-16.45** | **16.00-16.45** | **16.00-16.45** |
| **Neigong – Internal Preparation** | **Xingyiquan Basic Principles** | **I Liq Chuan Principles & Practice** | **Training Sensitive**  **Force** |
| *Margret Stuerz* | *Sonja Schillo* | *Bartosz Samitowski* | *Gianfranco Pace* |