



TAI CHI CALEDONIA 2023

- weekend programme -

SATURDAY

10.00 - 10.45

Shaking Qigong

- Helmut Oberlack

10.50 - 11.35

Swimming Dragon

- Chiara Vendettuoli

11.45 - 12.30

5 Words of Self Composure

- Sam Masich

14.00 - 14.45

Shibashi Set 3

- Helmut Oberlack

15.00 - 15.45

Flying Crane Qigong

- John Bolwell

16.00 - 16.45

Peng, Lu, Ji, An

- Chiara Vendettuoli

SATURDAY

10.00 - 10.45

Han Style Yiquan Zhang Zhuang

- James Carss

10.50 - 11.35

The Archer- Qigong of Intention

- Gianfranco Pace

11.45 - 12.30

Posture & Power

- Lucia Ring-Watkins

14.00 - 14.45

Water Qigong

- Gianfranco Pace

15.00 - 15.45

Biospirale Meditation

- Chiara Vendettuoli

16.00 - 16.45

Wudang Footwork

- Lucia Ring-Watkins

SATURDAY

10.00 - 10.45

Whip Hands Qigong & Fajin

- Javier Arnanz

10.50 - 11.35

Exploration of Cloud Hands

- Dee Swift

11.45 - 12.30

Alternation in Taiji

- Margherita Padalino

14.00 - 14.45

Open Hand Training-Sword Work

- Dee Swift

15.00 - 15.45

Elastic Forces Exercises

- Margherita Padalino

16.00 - 16.45

Sensing Hands

- Sam Masich

SATURDAY

10.00 - 10.45

Position is Power

- Paul Silfverstrale

10.50 - 11.35

Bagua Spiralling Palms

- John Bolwell

11.45 - 12.30

Xingyi-Create Distortions in Taiji(1)

- Javier Arnanz

14.00 - 14.45

Xingyi-Create Distortions in Taiji(2)

- Javier Arnanz

15.00 - 15.45

Range - Are you within it?

- Paul Silfverstrale

16.00 - 16.45

Pi Chuan Element: Xingyiquan

- James Carss

Please try to arrive in good time for the change-over of each workshop

SUNDAY

10.00 - 10.45

Snake in the Lotus Palm

- John Bolwell

10.50 - 11.35

Qigong of the Tendons

- Gianfranco Pace

11.45 - 12.30

Qigong Breath Regulation

- Helmut Oberlack

14.00 - 14.45

Heaven,Earth Balancing

- John Bolwell

15.00 - 15.45

Qigong Mind Regulation

- Helmut Oberlack

16.00 - 16.45

Chen Yanlin 21 Movements

- Sam Masich

SUNDAY

10.00 - 10.45

5 words of Self Composure

- Sam Masich

10.50 - 11.35

Moving from the Centre

- Lucia Ring-Watkins

11.45 - 12.30

Swimming Dragon

- Chiara Vendettuoli

14.00 - 14.45

Health Exercise Han Yiquan

- James Carss

15.00 - 15.45

Exploration of Cloud Hands

- Dee Swift

16.00 - 16.45

Joint by Joint Movement

- Lucia Ring-Watkins

SUNDAY

10.00 - 10.45

Exercise to Train Fan Song

- Margherita Padalino

10.50 - 11.35

Open Hand Training-Sword Work

- Dee Swift

11.45 - 12.30

Taiji Sabre

- Sam Masich

14.00 - 14.45

Discover the Centre - Basics

- Margherita Padalino

15.00 - 15.45

BioSpirale Meditation

- Chiara Vendettuoli

16.00 - 16.45

Tui Shou Basic Principles

- Gianfranco Pace

SUNDAY

10.00 - 10.45

Intro to Lihuebafa (1)

- James Carss

10.50 - 11.35

San Shou Chui

- Javier Arnanz

11.45 - 12.30

Square, Triangle, Circle

- Paul Silfverstrale

14.00 - 14.45

San Shou Pao

- Javier Arnanz

15.00 - 15.45

Apply Forms or Form Applications

- Paul Silfverstrale

16.00 - 16.45

Intro to Lihuebafa (2)

- James Carss

Guidance for participation in workshops:

- no previous experience necessary

- previous experience helpful

- previous experience advised