



TAI CHI

CALEDONIA 2024

- weekend programme -

SATURDAY

10.00 - 10.45

Shaking Qigong

- Helmut Oberlack

10.50 - 11.35

Swimming Dragon

- Chiara Vendettuoli

11.45 - 12.30

Tai Chi Ruler

- Dee Swift

14.00 - 14.45

Shibashi Set 3

- Helmut Oberlack

15.00 - 15.45

Master Calligrapher

- John Bolwell

16.00 - 16.45

6 Direction Qigong

- Dee Swift

SATURDAY

10.00 - 10.45

Yin Yang Flowing Hands

- Dee Swift

10.50 - 11.35

6 Healing Sounds

- Luigi Zanini

11.45 - 12.30

Stillness in Movement

- Lucia Ring-Watkins

14.00 - 14.45

Movement in Stillness

- Lucia Ring-Watkins

15.00 - 15.45

Biospirale Meditation

- Chiara Vendettuoli

16.00 - 16.45

Xiao Yijinjing

- Luigi Zanini

SATURDAY

10.00 - 10.45

Yiquan Health

- James Carss

10.50 - 11.35

Structure & Root Levels

- Naxo de la Encina

11.45 - 12.30

Daoyin Stess Prevention

- Gordon Faulkner

14.00 - 14.45

Circle of 8 Words

- Naxo de la Encina

15.00 - 15.45

Concrete Internal Work

- Mauro Bertoli

16.00 - 16.45

Kay/He (Open/Close)

- Naxo de la Encina

SATURDAY

10.00 - 10.45

San Shou in Tui Shou

- Paul Silfverstrale

10.50 - 11.35

Bagua Spiralling Palms

- John Bolwell

11.45 - 12.30

Modality&Priority in Posture

- Mauro Bertoli

14.00 - 14.45

Daoyin Stress Relief

- Gordon Faulkner

15.00 - 15.45

Co-ordination & Synchronicity

- Paul Silfverstrale

16.00 - 16.45

Han Style Yiquan Zhang Zhuang

- James Carss

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

SUNDAY

10.00 - 10.45

8 Direction Qigong

- Dee Swift

10.50 - 11.35

Shibashi - Set 5

- Helmut Oberlack

11.45 - 12.30

Tai Chi Ruler

- Dee Swift

14.00 - 14.45

Yin Yang Flowing Hands

- Dee Swift

15.00 - 15.45

Tiao Shen Mind Regulation

- Helmut Oberlack

16.00 - 16.45

Movement in Stillness

- Lucia Ring-Watkins

SUNDAY

10.00 - 10.45

Meridian Smoothing

- John Bolwell

10.50 - 11.35

6 Healing Sounds

- Luigi Zanini

11.45 - 12.30

Stillness in Movement

- Lucia Ring-Watkins

14.00 - 14.45

Martial Mudras

- John Bolwell

15.00 - 15.45

Biospirale Meditation

- Chiara Vendettuoli

16.00 - 16.45

Xiao Yijinjing

- Luigi Zanini

SUNDAY

10.00 - 10.45

Wudang Taiji Sword

- Gordon Faulkner

10.50 - 11.35

Modality&Priority in Posture

- Mauro Bertoli

11.45 - 12.30

Swimming Dragon

- Chiara Vendettuoli

14.00 - 14.45

The Magic of Tuishou

- Naxo de la Encina

15.00 - 15.45

Concrete Internal Work

- Mauro Bertoli

16.00 - 16.45

Taiji Applications

- Naxo de la Encina

SUNDAY

10.00 - 10.45

Principles of Water Boxing

- James Carss

10.50 - 11.35

Principles of Gong Fu Jia

- Naxo de la Encina

11.45 - 12.30

Seizing the Stance

- Paul Silfverstrale

14.00 - 14.45

Intro Magui Baguazhang

- James Carss

15.00 - 15.45

Close Quarter Strategies

- Paul Silfverstrale

16.00 - 16.45

Taiji Qinna

- Gordon Faulkner

Guidance for participation in workshops:

 - no previous experience necessary

 - previous experience helpful

 - previous experience advised