



# 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

**Wudang Walk Meditations**

- Tina Faulkner-Elders

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

**Wudang Walk Meditations**

- Tina Faulkner-Elders

#### 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

**Wudang Walk Meditations**

- Tina Faulkner-Elders

11.45 - 12.30

**Stillness in Movement**

- Lucia Ring-Watkins

14.00 - 14.45

**Martial Mudras**

- John Bolwell

15.00 - 15.45

**Wudang Walk Meditations**

- Tina Faulkner-Elders

16.00 - 16.45

**Biospirale Meditation**

- Chiara Vendettuoli

#### 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