



# TAI CHI CALEDONIA 2025

## - weekend programme -

### SATURDAY

10.00 - 10.45

**Qigong for Vitality**

- Katrin Blumenberg

10.50 - 11.35

**There is no Beginning...**

- Harriet Devlin

11.45 - 12.30

**Fixed Pattern Flowing Hands**

- Dee Swift

14.00 - 14.45

**Increase Qi Circulation**

- Yanira Rodriguez

15.00 - 15.45

**There is no End.....**

- Harriet Devlin

16.00 - 16.45

**Qigong to Purge & Detoxify**

- Katrin Blumenberg

### SATURDAY

10.00 - 10.45

**Yang Chengfu's 10 Essential Points**

- Yanira Rodriguez

10.50 - 11.35

**Body Mechanics - Push & Pull**

- Sergio & Simona

11.45 - 12.30

**12 Golden Treasures**

- Tammy Bliss

14.00 - 14.45

**Body Mechanics - How to Step**

- Sergio & Simona

15.00 - 15.45

**Meridian Channel Cultivation**

- Tammy Bliss

16.00 - 16.45

**Meditation to 6 Directions**

- Dee Swift

### SATURDAY

10.00 - 10.45

**8 Standing Postures of Han Xing Qiao**

- James Carss

10.50 - 11.35

**Daoyin Stress Prevention**

- Gordon Faulkner

11.45 - 12.30

**Ba Men - Peng**

- Mauro Bertoli

14.00 - 14.45

**Daoyin Stress Relief**

- Gordon Faulkner

15.00 - 15.45

**Ba Men - Lu**

- Mauro Bertoli

16.00 - 16.45

**Yiquan Health Exercises**

- James Carss

### SATURDAY

10.00 - 10.45

**Total Body Force**

- Paul Silfverstrale

10.50 - 11.35

**Fundamentals - Sword Manipulation**

- Frederic Plewniak

11.45 - 12.30

**A Free Kwa for Central Balance**

- Severin Berz

14.00 - 14.45

**From Tuishou to Sword Play**

- Frederic Plewniak

15.00 - 15.45

**Applications within Tuishou**

- Paul Silfverstrale

16.00 - 16.45

**Perception as Key to Pushing Hands**

- Severin Berz

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

### SUNDAY

10.00 - 10.45

**There is no Beginning...**

- Harriet Devlin

10.50 - 11.35

**Qigong for Protection**

- Katrin Blumenberg

11.45 - 12.30

**Fixed Pattern Flowing Hands**

- Dee Swift

14.00 - 14.45

**There is no End.....**

- Harriet Devlin

15.00 - 15.45

**Qigong Practise with children**

- Katrin Blumenberg

16.00 - 16.45

**Opening the Joints**

- Dee Swift

### SUNDAY

10.00 - 10.45

**Body Mechanics - Push & Pull**

- Sergio & Simona

10.50 - 11.35

**5 Elements in Tuishou**

- Yanira Rodriguez

11.45 - 12.30

**Integrating Yesterday's Practice**

- Tammy Bliss

14.00 - 14.45

**Wu Duan Jin**

- Yanira Rodriguez

15.00 - 15.45

**Integrating Yesterday's Practice**

- Tammy Bliss

16.00 - 16.45

**Body Mechanics - How to Step**

- Sergio & Simona

### SUNDAY

10.00 - 10.45

**Wudang Taiji Sword**

- Gordon Faulkner

10.50 - 11.35

**Sword Manipulation**

- Frederic Plewniak

11.45 - 12.30

**A Free Kwa for Central Balance**

- Severin Berz

14.00 - 14.45

**Perception - Key to Push Hands**

- Severin Berz

15.00 - 15.45

**Ba Men - An**

- Mauro Bertoli

16.00 - 16.45

**From Tuishou to Sword Play**

- Frederic Plewniak

### SUNDAY

10.00 - 10.45

**Xingyi Horse - Technique & Application**

- James Carss

10.50 - 11.35

**Ba Men - Ji**

- Mauro Bertoli

11.45 - 12.30

**Leg Trapping & Stepping**

- Paul Silfverstrale

14.00 - 14.45

**Pick the Star- Han Family Baguazhang**

- James Carss

15.00 - 15.45

**Dan Bien - Single Whip**

- 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