



TAI CHI CALEDONIA 2026

- weekend programme -

SATURDAY

10:00 - 10:45
Oiling the Joints
Eline Kieft

10:50 - 11:35
Women Pioneers of Tai Chi
Harriet Devlin

11:45 - 12:30
Image & Intention in Qigong
Dee Swift

14:00 - 14:45
5 Element Flows
Eline Kieft

15:00 - 15:45
Symbolism & Allegory in Taijiquan
Harriet Devlin

16:00 - 16:45
5 Animal Qigong
Dee Swift

SATURDAY

10:00 - 10:45
Tai Chi Dummy
Judith van Drooge

10:50 - 11:35
Alignment Qigong
Nini Melvin

11:45 - 12:30
13 Postures - Solo
Bob Lowey

14:00 - 14:45
Transitions & Transformations Qigong
Nini Melvin

15:00 - 15:45
13 Postures - Partner
Bob Lowey

16:00 - 16:45
First 5 Xing Yi Animals of Cheng Ming
Sergio and Simona

SATURDAY

10:00 - 10:45
Yin Yang Breathwork
Yanira Rodrigues

10:50 - 11:35
First 5 Xingyi Animals of Cheng Ming
Sergio and Simona

11:45 - 12:30
Testing the System to Improve Practice
Roberto Benetti

14:00 - 14:45
Grounding
Judith van Drooge

15:00 - 15:45
Sensing Hands to Develop Stick/Adhere
Matthew Case

16:00 - 16:45
Finding Optimal Angles
Roberto Benetti

SATURDAY

10:00 - 10:45
Redirect Power through the Fascia
Severin Berz

10:50 - 11:35
Fundamentals of Sword Manipulation
Frederik Plewniak

11:45 - 12:30
Developing and Using Your Centre
Matthew Case

14:00 - 14:45
From Tuishou to Sword Play
Frederik Plewniak

15:00 - 15:45
Floating Pelvis
Severin Berz

16:00 - 16:45
Brain Gymnastics
Yanira Rodriguez

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

SUNDAY

10:00 - 10:45
Shamanic Qigong
Eline Kieft

10:50 - 11:35
Symboism & Allegory in Taijiquan
Harriet Devlin

11:45 - 12:30
Dragon Form Qigong
Dee Swift

14:00 - 14:45
5 Animals - Complete
Bob Lowey

15:00 - 15:45
Pearl of Consciousness
Eline Kieft

16:00 - 16:45
Symboism & Allegory in Taijiquan
Harriet Devlin

SUNDAY

10:00 - 10:45
First 5 Xing Yi Animals of Cheng Ming
Sergio and Simona

10:50 - 11:35
6 Animals Northern Style
Bob Lowey

11:45 - 12:30
Meridian Embodiment Qigong
Nini Melvin

14:00 - 14:45
First 5 Xing Yi Animals of Cheng Ming
Sergio and Simona

15:00 - 15:45
Yin Yang Flowing Hands
Dee Swift

16:00 - 16:45
Transitions & Transformation Qigong
Nini Melvin

SUNDAY

10:00 - 10:45
Qigong Fusion
Judith van Drooge

10:50 - 11:35
Developing & Using Your Centre
Matthew Case

11:45 - 12:30
Strength & Compliance in Tuishou
Roberto Benetti

14:00 - 14:45
Empty the Neck and Raise the Spirit
Matthew Case

15:00 - 15:45
Verticality
Severin Berz

16:00 - 16:45
Feeling Heart
Judith van Drooge

SUNDAY

10:00 - 10:45
Seasonal Acupressure & Breath Practices
Yanira Rodriguez

10:50 - 11:35
Sword Manipulation
Frederik Plewniak

11:45 - 12:30
Kwa & Shoulders as an Elastic Frame
Severin Berz

14:00 - 14:45
Meditation - Microcosmic Orbit & Zhan Zhuang
Yanira Rodriguez

15:00 - 15:45
From Tuishou to Form
Roberto Benetti

16:00 - 16:45
From Tuishou to Sword Play
Frederik Plewniak

Guidance for participation in workshops:



No previous experience necessary



Previous experience helpful



Previous experience advised