



# 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  
**Symboism & Allegory 1**  
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 2**  
Harriet Devlin

11:45 - 12.30  
**Dragon Form Qigong**  
Dee Swift

14:00 - 14:45  
**Symboism & Allegory 3**  
Harriet Devlin

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

16:00 - 16:45  
**5 Animals - Complete**  
Bob Lowey

## 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