TAI CHI CALEDONIA2027

- weekend programme -

SATURDAY

10.00-10.45
Oiling the Joints
- Eline Kieft
10.50 - 11.35
Vertical Alignment Qigong
- Nini Melvin
11.45 - 12.30
Singing Bowls
- Gerrit Stellenburg
14.00 - 14.45
Singing Bowls
- Gerrit Stellenburg
15.00 - 15.45
Twisting Movements like Ancient Creatures
- Wang Ning
16.00 - 16.45
Introduction to Seasonal Cycles
- Nini Melvin

SATURDAY

10.00-10.45
Taiji Circle: Yin Yang
- Zeng Xiang Bo
10.50 - 11.35
Embroidered Lace Qigong
- Bob Lowey
11.45 - 12.30
Twisting Movements
- Wang Ning
14.00 - 14.45
Archetypal Qigong
- Eline Kieft
15.00 - 15.45
Cloud Hands:Yield & Redirect
- Zeng Xiang Bo
16.00 - 16.45
5 Elements of Cheng Ming Xing Yi
-Sergio & Simona

SATURDAY

10.00-10.45
Qigong Fusion
- Judith van Drooge
10.50 - 11.35
5 Elements of Cheng Ming Xingyi
- Sergio & Simona
11.45 - 12.30
Simple but Deep Qigong
- Margherita Padalino
14.00 - 14.45
Dantian Training
-Roberto Benetti
15.00 - 15.45
Fun Self- Defence Techniques
- Margherita Padalino
16.00 - 16.45
8 Push Hands Exercises
-Bob Lowey

SATURDAY

10.00-10.45
Peripheral & Central Vision
- Severin Berz
10.50 - 11.35
Nei Gong of the Archer
- Gianfranco Pace
11.45 - 12.30
Geometry of Zhang Zhuang
- Roberto Benetti
14.00 - 14.45
Grounding
- Judith van Drooge
15.00 - 15.45
A Body That Knows How to Listen
- Zeng Xiang Bo
16.00 - 16.45
Setting Up The Body for Practice
-Severin Berz

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

SUNDAY

10.00-10.45
Oiling the Joints
- Eline Kieft
10.50 - 11.35
Singing Bowls
- Gerrit Stellenburg
11.45 - 12.30
Twisting Movements like Ancient Creatures
- Wang Ning

14.00 - 14.45
Pearl of Consciousness
- Eline Kieft
15.00 - 15.45
Twisting Movements like Ancient Creatures
- Wang Ning
16.00 - 16.45
Singing Bowls
-Gerrit Stellenburg

SUNDAY

10.00-10.45
5 Elements of Cheng Ming Xing Yi
- Sergio & Simona
10.50 - 11.35
Full Embroidered Lace Qigong Form
- Bob Lowey
11.45 - 12.30
Energy Field Awareness
- Nini Melvin
14.00 - 14.45
5 Elements of Cheng Ming Xing Yi
- Sergio & Simona
15.00 - 15.45
Simple but Deep Qigong
- Margherita Padalino
16.00 - 16.45
Daily Meridian Rhythms
-Nini Melvin

SUNDAY

10.00-10.45
Getting Into the Flow
-Judith van Drooge
10.50 - 11.35
Fair Lady: Turn & Transform
- Zeng Xiang Bo
11.45 - 12.30
Balance Points in the Body
- Roberto Benetti
14.00 - 14.45
Snake Creeps Down: Root & Sink
- Zeng Xiang Bo
15.00 - 15.45
Peripheral & Central Vision
- Severin Berz
16.00 - 16.45
8 Push Hands Exercises - Part 2
- Bob Lowey

SUNDAY

10.00-10.45
Nei Gong of the Archer
- Gianfranco Pace
10.50 - 11.35
Fun With Simple Self-Defence techniques
- Margherita Padalino
11.45 - 12.30
Setting Up the Body for Practice
- Severin Berz
14.00 - 14.45
A Body That Knows How To Listen
- Gianfranco Pace
15.00 - 15.45
Taiji Circles: Horizontal, Frontal and Vertical Planes
- Roberto Benetti
16.00 - 16.45
Connecting Power
- Judith van Drooge

Rough Guidance for participation in workshops:

- no previous experience necessary *- previous experience helpful* *- previous experience advised*