

**Tai Ji Quan, and Qigong**  
**Clare Skelton**

**22nd - 24th Mar 2019**  
**Friday to Sunday**

**Course Location:**

**Missenden Abbey**

Great Missenden  
 Buckinghamshire HP16 0BD

|                |   |
|----------------|---|
| Friday         |   |
| 4pm onwards    | Residents may check in                  |
| 6.45 for 7pm   | Dinner for residents                    |
| 7.30pm         | Coffee on arrival for non-residents     |
| 8pm            | Welcome and tutor introductions for all |
| 8.15-9.45pm    | Teaching session                        |
| Saturday       |   |
| From 7-9.15am  | Breakfast for residents                 |
| 9.15am-1.00pm  | Teaching session                        |
| 12.45-1.45pm   | Lunch for all                           |
| 2.00-6.00pm    | Teaching session                        |
| 6.45 for 7pm   | Dinner for residents                    |
| Sunday         |   |
| From 7-9.15am  | Breakfast for residents                 |
| 9.00am-12.45pm | Teaching Session                        |
| 12.45-1.45pm   | Lunch for all                           |

Nurture yourself with a weekend of gentle exercise to enhance your health and well-being. These traditional Chinese health arts, Tai Ji Quan and Qigong (Tai Chi Chuan and Chi Kung), create stillness in the mind whilst also increasing vitality and fitness. Your ability to relax, your flexibility, co-ordination and balance will improve with practice.

I enjoy working with all ages and will support you to meet your individual health and fitness needs. The course is suitable for all levels, beginners welcome. Nurture yourself with a weekend of gentle exercise to enhance your health and well-being. These traditional Chinese health arts, Tai Ji Quan and Qigong (Tai Chi Chuan and Chi Kung), create stillness in the mind whilst also increasing vitality and fitness. Your ability to relax, your flexibility, co-ordination and balance will improve with practice. I enjoy working with all ages and will support you to meet your individual health needs. The course is open to everyone, beginners welcome.

**Description**

During the weekend we will practise a range of traditional Chinese Health Arts, Tai Ji Quan and Qigong. Through learning a range of gentle, supportive exercises, students will begin to nurture themselves and restore their sense of wellbeing. Vitality and internal strength will grow, lifting the spirit and invigorating the energy. Relaxing the body and resting the mind brings contentment and will enhance your enjoyment of the peaceful beauty of the Missenden Abbey grounds and its majestic trees. This will support you to deal with the stresses and challenges of daily life with more ease and balance. This course is for suitable all levels of learners, from the complete beginner to the more experienced student. All the work can be adapted to suit individual ability; the slow, controlled movements of the Tai Ji Quan form make it an ideal for people of all ages. Tai Ji and Qigong strengthens the immune system and is particularly helpful for lung conditions, arthritis sufferers, high blood pressure and many other chronic conditions. During the course you will begin by warming up, learning to let go of the stresses of daily life ready to explore the Qigong and Tai Ji forms. These practical sessions will cover a variety of topics which may include: Li and Yang Style Tai Ji forms, Qigong, Tai Ji dance and staff sets, remedial exercises, walking meditation and pushing hands. The weekend will include an introduction to the Traditional Chinese Medicine theory and philosophy that underpins the practise of Tai Ji and Qigong. If you have any particular health problems or you are not used to exercise, please seek your doctor's advice before joining the class.

**Please bring with you**

Please wear loose clothing and soft soled shoes. Please bring an exercise mat or blanket, shoes, jackets, sunhats etc for working outside, weather permitting.

**About Clare Skelton**

Clare Skelton has over thirty years' experience of studying and teaching Tai Ji, Qigong and Chinese health arts. Clare trained and qualified with The Nei Chia Association of Great Britain in the UK and China. She has a wealth of experience working with students of all ages through running evening classes, Summer Schools, courses in the

workplace and in schools. Clare specialises in working with students with specific health needs, adapting the work to suit their age and abilities. She has run residential courses at Missenden Abbey since 2012.