

Tai Ji Quan, and Qigong

Clare Skelton

12th - 14th Aug 2019
Monday to Wednesday

Nurture yourself with three days 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.

Steve Gorwits (instructor with the Longfei Taijiquan Assoc GB, and a BCCMA L2 Coach) will be joining us for one day of the course, bringing his expertise to broaden your experience and to allow us to give you more individual attention.

The course is open to everyone, no previous experience is necessary.

Description

During the Summer School 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 for 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 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 course 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.

Course Location:

Missenden Abbey

Great Missenden
Buckinghamshire HP16 0BD

Monday	
9am	Coffee on arrival
9.15am	Welcome and tutor introductions
9.30am-1pm	Teaching session
1-2pm	Lunch for all
2-5pm	Teaching session
6.45 for 7pm	Dinner for residents
Tuesday	
7-9.15am	Breakfast for residents
9.30am-1pm	Teaching session
1-2pm	Lunch for all
2-5pm	Teaching session
6.45 for 7pm	Dinner for residents
Wednesday	
7-9.15am	Breakfast for residents
9.30am-1pm	Teaching session
1-2pm	Lunch for all
2-5pm	Last teaching session

