

Tai Ji Quan, and Qigong
Clare Skelton

5th - 7th Aug 2024
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 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 supportive exercises, students will begin to nurture themselves and restore their sense of wellbeing. Working 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 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, beginning 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. There will also be 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.

Level

Suitable for all levels, beginners welcome.

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


Course Location:
Missenden Abbey


Great Missenden
 Buckinghamshire HP16 0BD


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| Monday | |
| 9.15am | Students arrive (coffee available) |
| 9.30am | Teaching session |
| 12.45-1.45 | Lunch for all |
| 1.45-5.30pm | Teaching session |
| 6.45 for 7pm | Dinner for residents |
| Tuesday | |
| 7-9.00am | Breakfast for residents |
| 9.30am | Teaching session |
| 12.45-1.45 | Lunch for all |
| 1.45-5.30pm | Teaching session |
| 6.45 for 7pm | Dinner for residents |
| Wednesday | |
| 7-9.00am | Breakfast for residents |
| 9.30am | Teaching session |
| 12.45-1.45 | Lunch for all |
| 1.45-4pm | Last teaching session |

workplace and in schools, adapting the work to suit different ages and abilities. She has run residential courses at Missenden Abbey since 2012. Clare now studies with Sophie Johnson of Lotus Neigong.

taijiquanwest.com

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