

Taiji-Qi Gong & Bodywork Retreat

*** Friday 18th to Sunday 20th August 2017 ***

Immerse yourself in a weekend of Taiji & Qi Gong and Body work to experience a deepening and refining of your practice. *Braziers* provides the perfect environment, a tranquil Gothic Mansion set in 55 acres of meadows and woodland. It is a thriving secular Community and Educational Trust.

It is highly recommended you visit www.braziers.org.uk to discover more.



" The Retreat has done me the world of good" "I felt really brilliant after;

"I hugely enjoyed the Qigong/Tai Chi weekend at Braziers Park, an architectural gem...."



Throughout the weekend there will be the chance to explore both Chen and Sun styles of Taiji, a variety of Qi Gong forms along with Bodywork sessions and Meditation exercises. There are opportunities to practice on sunny terraces, in screened gardens, by ponds and in woodlands.

Teachings will be offered by Jeff Docherty and Mark Collins, both having 20+ years of experience.

Bookings: To provide an intimate Retreat numbers are limited to 15.

- Reservations require a non-refundable deposit of £50, with full payment by 1st June.
- The Retreat costs £325; with a single room for two nights, full board, and tuition.
- There is an eco-camping option at £240; for two nights, full board, and tuition.

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