

# Taiji & Qi Gong Retreat

Friday 31<sup>st</sup> August to Sunday 2<sup>nd</sup> September 2018

Immerse yourself in a weekend of Taiji & Qi Gong and 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](http://www.braziers.org.uk) to discover more revenue.



"The Retreat has done me the world of good"....."I felt really brilliant after"....."Felt great the whole week following also"....."people said my movements and posture are looking better"

"I hugely enjoyed the Qigong/Tai Chi weekend at Braziers Park, an architectural gem of a mansion set in the South Oxfordshire countryside, with the Chiltern Hills area"



Throughout the weekend there will be the chance to explore both Chen and Sun styles of Taiji, along with a variety of Qi Gong forms 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 £100, 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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**[www.cotswoldedgetaichi.co.uk](http://www.cotswoldedgetaichi.co.uk)**

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