

Draft Programme Braziers Park Retreat

Friday

5.30pm - 6.30pm - Chi Kung - 8 Strands of Brocade

7.00pm Dinner

* 8.30 - 9pm Meditation. 'Dynamic' and Tranquil Exercises

Saturday

*07.00-7.30 Meditation. Sitting and Walking Exercises

07.30am - 8.30am (Meditation) see above

Loosen up exercises & Tai Chi Qigong Shibashi (18 Movements)

08.30am - 9.15am Breakfast

9.30am - 11.00am Standing Chi Kung, Silk Reeling Exercises, 1st Part of Chen Bing 13 Form (MC)

/ Sun Style Taiji (JD)

11.00am -11.30am Break

11.30am - 1.00pm 2nd Part Chen Bing 13 Form & Revise 1st Part

/* as above, Sun Style

1.00pm - 2.30pm Lunch & Break

2.30pm - 4.00pm. Intro to Bagua Circle Walking (MC)/ Qi Gong - Five Animals (JD)

4.15pm - 5.00pm Break

5.00pm- 6.30pm (optional) TBC See * (MC) Qi Gong –Muscle& Tendon Stengthening (JD)

7.00pm Dinner

* 8.30 - 9pm Meditation. 'Dynamic' and Tranquil Exercises (JD) (Optional)

Sunday

*07.00- 07.30 Meditation -Sitting and Walking Exercises. (Optional)

07.30 - 08.30 Shen Jin bagu –Powerstretching- to elongate ligaments/open joints

08.30am - 09.30am Breakfast & Break

10.00am - 12.00pm Laojia Form (1st Part/2nd Part) (MC)/ Free Form Qi Gong (JD)

12.00pm - 1.15pm Lunch & Break

1.30pm - 3.45pm Form Practice, Standing & Sitting Meditation & cool down stretches before Departure at 4pm

* There will also be the opportunity for small group sessions on Chen Broadsword Form/Laojia 3rd/4th Part/ Push Hands Practice.

NB. * There will be plenty of short breaks in the other sessions