

RELAX & UNWIND

# LFA T'ai Chi

HOLLINS HALL RETREAT 2025




Tuesday 29th & Wednesday 30th April 2025



Join us for 2 Days T'ai Chi, Taoist Yoga,  
Guided Meditation and relaxation at the

**Hollins Hall Hotel, Golf & Country Club**

*Hollins Hill, Baildon, Shipley BD17 7QW*



**10.00am - 4.00pm Daily**

**£135 per person**

**Does NOT include accommodation**

**Non-refundable**



**Suitable for all ages and ability levels**

**WWW.LFATAICHI.ONLINE**

# HOLLINS HALL RETREAT

**TUESDAY 29TH & WEDNESDAY 30TH APRIL 2025**

**LOCATION:** Hollins Hall Hotel, Golf & Country Club  
Hollins Hill, Baildon, Shipley BD17 7QW

**TIME:** 10.00am - 4.00pm daily

**COST:** £135 per person (non-refundable)

**THE COURSE FEE DOES NOT INCLUDE ACCOMMODATION - please book hotel rooms direct with the hotel or an online provider. Alternatively you may choose to travel to the venue each day. Booking.com has offers on rooms from £70 and an option for free cancellation**

You will need comfortable clothes and flat shoes. A water station will be available throughout the duration of the T'ai Chi workshops.

Lunch, dinner, drinks and snacks may be purchased from the hotel bar and restaurant. These extras are NOT INCLUDED in the cost of the T'ai Chi Retreat. We are NOT permitted to consume our own food in the training hall. Please note that the hotel is cashless so all transactions will require a debit / credit card or other electronic payment method.

## What's Included:

### Daily guided Lee Style T'ai Chi Form practice

*All ability levels from the beginner to the more experienced will gain from the health benefits that practicing the T'ai Chi Form offers.*

### Daily guided Taoist Yoga (K'ai Men) Breathing exercises

*Easy to learn exercises for the mind, body & spirit.*

### Daily guided T'ai Chi Weapons practice

*Improve stamina, flexibility, reflexes and focus.*

### Taoist Meditation (optional)

*Easy to follow guided meditations.*

### Energy Work

*Including Taoist Walk and partner exercises.*

### Course Manual

*Fully illustrated exercise manual in PDF format.*



# PLANNING YOUR STAY

The cost of overnight accommodation is **NOT** included in the course fee.

Please book your accommodation direct with the hotel or via an online provider

**Booking.com has deals starting at £70 and offers free cancellation**

*Alternatively you may choose to travel to the venue each day*

## HOLLINS HALL HOTEL

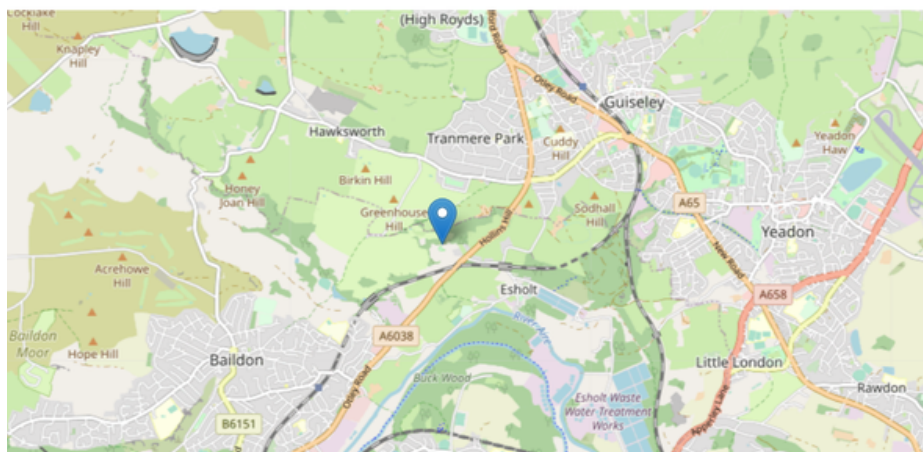
HOLLINS HILL, BAILDON, SHIPLEY BD17 7QW

[WWW.HOLLINSHALLHOTEL.CO.UK](http://WWW.HOLLINSHALLHOTEL.CO.UK)

**Join us for 2 days of T'ai Chi, Taoist Yoga and Guided Meditation in the tranquil picturesque setting of Hollins Hall Hotel, Golf and Country Club**

In addition to the daily T'ai Chi Workshops if you are staying at the hotel your relaxation will continue through the evening as you may choose one of the superb dining options, unwind in your spacious, well-appointed hotel room, enjoy the leisure club and pool or book a massage at the tranquil spa. There is also an 18 hole championship golf course.

The hotel is ideally located on the A6038 with nearby motorway connections to the M62 and A1 and excellent travel links - only a 5 minute drive (1.7 miles) from both Baildon & Guiseley Railway Stations (both having excellent regular links to Leeds and Bradford) and a 15 minute drive (5 miles) from Leeds Bradford International Airport. There is free onsite parking and a bus stop right outside the hotel.



**Hollins Hall Hotel, Golf & Country Club**  
**Hollins Hill, Baildon, Shipley BD17 7QW**

# LFA T'AI CHI RETREATS 2025

*join in the fun...*

## **HOLLINS HALL RETREAT**

*Tuesday 29th & Wednesday 30th April 2025*

### **TO BOOK**

*Please contact Sheila Dickinson to reserve your place*

*Sheila Dickinson*

*TEL: 01482 898092*

*MOB: 07904 526944*

*EMAIL: sheila@lfataichi.online*

*Payments via Bank Transfer (please contact Sheila for details)  
or PayPal via the website*

**WWW.LFATAICHI.ONLINE/SHOP**

**BOOK NOW**

