

RELAX & UNWIND

# LFATAI CHI

COASTAL RETREAT 2025



Tuesday 9th & Wednesday 10th September 2025

**10.00am - 4.00pm Daily**

Immerse yourself in 2 days of T'ai Chi & Taoist Yoga in the tranquil coastal setting of **Sewerby Hall & Gardens**

**£125 per person**

**Does NOT include accommodation**

**Non-refundable**

**Suitable for all ages and ability levels**



**Book Now**  
07904 526944

**More Information**  
sheila@lfataichi.online

**WWW.LFATAICHI.ONLINE**

# COASTAL RETREAT

**TUESDAY 9TH & WEDNESDAY 10TH SEPTEMBER 2025**

**LOCATION:** The Orangery, Sewerby Hall, YO15 1ED

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

**COST:** £125 per person

**DOES NOT INCLUDE ACCOMMODATION  
NON- REFUNDABLE**

You will need a packed lunch and a drink, soft shoes and comfortable clothing.

Sewerby Hall Cafe will be open daily providing a selection of hot food, snacks and beverages. Items from the cafe are **NOT included** in the course fee.

Turn your retreat into a mini break, see our additional information for details on local bed and breakfast, camping and hotel accommodation.

Over night accommodation is **NOT** included in the course fee.

## **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.*

### **The Ancient Art of Chang Ming**

*Nutrition for the mind & body.*

### **Energy Work**

*Including Taoist Walk and partner exercises.*

### **Course Manual**

*Fully illustrated exercise manual in PDF format.*



# LFA T'AI CHI RETREATS 2025

*join in the fun...*

## **COASTAL RETREAT**

*Tuesday 9th September & Wednesday 10th September 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**

# ACCOMMODATION CLOSE TO SEWERBY HALL

The following is just a small selection of holiday accommodation available in the Sewerby area.

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

For availability, up to date prices and booking please contact the properties direct or book through an online provider. **Please check that you are happy with the location and standard of accommodation before booking, the LFA accepts no responsibility or liability.**

## **MARTON VALLEY CARAVAN PARK**

FLAMBOROUGH RD, BRIDLINGTON YO15 1DU

**PHONE: 01262 605107**

## **THE RAILINGS CARAVAN PARK**

JEWISON LN, BRIDLINGTON YO15 1DX

**PHONE: 01262 601337**

## **MARTON GRANGE COUNTRY HOUSE**

FLAMBOROUGH RD, SEWERBY, BRIDLINGTON YO15 1DU

**PHONE: 01262 602034**

## **WINDY WALK LODGE**

BRIDLINGTON BAY 12, BRIDLINGTON YO15 1DW

**PHONE: 07485 096887**

## **PARK VIEW HOLIDAY COTTAGE**

6 FINLEY CT, SEWERBY, BRIDLINGTON YO15 1EG

**PHONE: 07867 500665**

## **JESSEMI HOLIDAY BUNGALOW**

SEWERBY PARK CL, SEWERBY, BRIDLINGTON YO15 1EE

**PHONE: 01262 340198**

## **CHERRY TREE COTTAGE**

65 JEWISON LN, SEWERBY, BRIDLINGTON YO15 1DX

**PHONE: 01262 602949**

## **PREMIER INN BRIDLINGTON SEAFRONT HOTEL**

ALBION TERRACE, BRIDLINGTON YO15 2PJ

**PHONE: 0333 234 6572**

## **EXPANSE HOTEL**

NORTH MARINE DRIVE, BRIDLINGTON, YO15 2LS

**PHONE: 01262 675347**

## **SUNFLOWER LODGE**

24 FLAMBOROUGH RD, BRIDLINGTON YO15 2HX

**PHONE: 01262 400447**

