

RELAX & UNWIND

LFA T'ai Chi

2025 SUMMER COURSE



SUMMER COURSE 2025

Saturday 19th - Wednesday 23rd July
10am - 2.30pm

5 Days of LFA T'ai Chi & Taoist Yoga including the
T'ai Chi Form and T'ai Chi Weapons

**£140 five days,
£30 per day, £15 half day**

Suitable for all ages and ability levels



Book Now
07904 526944

More Information
sheila@lfataichi.online

WWW.LFATAICHI.ONLINE

SUMMER COURSE

DAILY 10AM - 2.30PM

T'ai Chi Form & Taoist Yoga, plus T'ai Chi Weapons

Saturday 19th July 2025
DAY 1 - Awakening the Journey

We begin with 30 minutes of meditative T'ai Chi sequences to centre the mind and awaken inner stillness. A gentle Taoist Yoga session follows, preparing the body for energy flow and healing. We conclude the morning with the free-flowing **T'ai Chi Dance**, unlocking vitality and so much more. In the afternoon, we explore the fluid movements of the **T'ai Chi Stick**, complemented by awareness and breathing techniques, setting a powerful tone for our journey ahead.

Sunday 20th July 2025
DAY 2 - Deepening the Connection

The day starts once more with T'ai Chi meditation to anchor focus and calm. We move into Taoist Yoga to awaken the body's healing energy. Our morning closes with the continuous practice of the **T'ai Chi Stick** making it an extension of yourself improving balance, co-ordination and mindfulness. In the afternoon, we embrace the soft yet precise motions of our **T'ai Chi Sword**, unveiling its hidden mind benefits, alongside energy, building and balance techniques. Leading you beautifully to day three.

SUMMER COURSE
19TH TO 23RD JULY

LOCATION: Inmans Primary School, Hedon, HU12 8NL
also available on zoom

TIME: 10am - 2.30pm daily

COST: £140 five days
£30 per day, £15 per half day

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



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Monday 21st July 2025
DAY 3 - Rising to New Heights

Grounded through T'ai Chi meditation and Taoist Yoga, we prepare for deeper physical exploration. We advance into the elegant yet demanding movements of the **T'ai Chi Fan** — with both standard and adapted versions offered to meet everyone's needs.

The afternoon features the revitalising **T'ai Chi Silk** and Taoist Walks, helping lift your energy and spirit to a whole new level.

Tuesday 22nd July 2025
DAY 4 - Awakening New Potential

The morning begins with meditative T'ai Chi practice and energising Taoist Yoga.

We flow into the freedom of **T'ai Chi Dance**, promoting flexibility and strength.

In the afternoon, we experience the dynamic power of the **T'ai Chi Whip** and **Nunchaku**, with guidance tailored to every skill level, breaking through barriers and discovering new personal heights.

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Wednesday 23rd July 2025
DAY 5 - Celebration and Mastery

On our final day, we return to meditation and Taoist Yoga to anchor body and mind. Then, a true celebration begins, starting with the T'ai Chi Dance and moving through all of our Form Sets in a spirit of fun, connection, and enlightenment.

Together, we acknowledge the incredible growth achieved, carrying forward the vibrant energy of this unforgettable five-day journey.

Each day stands as a course in its own right and you may attend one day or as many days as you like. A full week offers a whole new level of experience.

Students of all ages and ability levels are welcome to join our Summer Course.

Bookings can be made via the [webshop](#) or by contacting Sheila on 07904 526 944.

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LFA T'AI CHI COURSES 2025

join in the fun...

SUMMER COURSE

Saturday 19th July to Wednesday 23rd July 2025



TO BOOK

Please contact Sheila Dickinson to reserve your place on any of our Courses and Workshops

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