



Taoist Cultural Arts Association

太極拳

Easter Course 2010

St Just Sports' centre, Cape Cornwall Road, St Just, Cornwall TR19 7JX

Monday 5th April to Friday 9th April 2008.

10-00am – 4.00pm each day (lunch 1-2pm)

Price: £30 per day / £150 for the week (accommodation £95- £110 - 7 nights)

There are several advantages to joining the residential training programme. Firstly by spending an entire week practising T'ai Chi there is much more opportunity for beginners to get a thorough grounding in the Art, and for advanced students to go into the various aspects of the Art in much greater depth. Also you will find that most of our advanced students and teachers will be attending this course so it's a good opportunity to benefit from their experience as there is a high ratio of teachers to students. That means that there's plenty of high quality help on hand to give you the kind of guided personal development that you need as an individual. Plus there's also a chance to train with many of the students from around the country who are at your own level and share information and training tips you have picked up along the way at your local classes. And of course it's an ideal opportunity to get to know the other members of the group in a relaxed environment free from external distractions in an area well known for it's outstanding natural beauty. Many of you will find familiar faces from your local regions but will also be meeting new people who share an interest in the Taoist Arts of the Lee style. Finally you can be assessed if you wish by the senior teachers which is a great way to pin-point what you need to work on when you get back home.

Bookings

Please fill in the form below and return to your teacher or to the address below if you are interested in attending the course, but you can pay on the day you attend. However accommodation must be booked and paid for in advance (tick the box and enclose fee).

Full details here:

<http://www.seahorsearts.co.uk/Easter.php>

Name..... TCAA class location:.....

Address:.....

Telephone:..... Email:.....

I would like accommodation and enclose the fee of £110 (cheques payable to TCAA)

Signed:..... Date:

www.seahorsearts.co.uk

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1 Bunkers Hill Cottages, Welsh Road, Offchurch, Leamington Spa, Warwickshire, CV33 9BE

Telephone (01926) 612560 Email: tcaa@seahorsearts.co.uk Website: www.seahorsearts.co.uk