

Venue

The Old Brewery is an 18th century property located just outside the picturesque village of Alston on the Pennines Way.

It is about 2h30 from Edinburgh by road. Nearest train station is Penrith (20 miles away).

Accommodation

A variety of accommodation is available, including two cottages, each sleeping one couple and one single or two singles, one double bedroom in the main house and dormitory style accommodation for up to five in the studio and up to eight in the attic.

It is also possible to camp in the grounds.

Food

The accommodation is self-catering. Cooking (with simple recipes to follow) and washing up rotas will be organised on arrival for the duration of the course, apart from Thursday evening when participants should make their own arrangements.

Organic ingredients will be used wherever possible and a choice of vegetarian and non-vegetarian meals will be offered.

Booking

To book a place, please complete and return the booking form enclosed, together with a £50 non-returnable deposit before May 09; earlier if you wish to have choice of accommodation (*).

(* please note that a maximum of 20 participants can be accommodated.

Cost

Cost per person including tuition, accommodation and meals:

Cottage - £310/£280 (*)
Dormitory - £285/ £255 (*)
Camping - £255/ £230 (*)

(*) 10% discount if paid in full before July 09.

Contact

Laurent Haquin

T: 0131 669 1804 (office hours)

E: taiji@art-of-chi.co.uk

W: www.art-of-chi.co.uk



L'Art du Chi

4 Day residential course

4th - 7th September 09

in Alston - Cumbria

What is 'L'Art du Chi'?

'L'Art du Chi' is a modern method teaching the subtle art of Taijiquan. Adapted to a western audience; it gives clear step-by-step instructions to help complete beginners grasp the reality of Chi (Chinese for vital energy).

The method is the fruit of over sixty years' research by Vlady Stevanovitch a renowned Master of Chi and founder of the International Inner Way School.

The emphasis on working with Chi, makes this method of interest to all those who:

- want to maintain or improve their health and well-being;
- are looking for an effective way to deal with stress;
- want to increase their vitality and self confidence;
- are involved in bodywork or the performance arts and wish to enhance their creativity.
- therapists or health professionals want to learn how to protect against stress and energy loss.

Experienced taiji practitioners who wish to further their understanding of Taijiquan will also find this indepth approach most stimulating.

Course content

'L'Art du Chi' combines Chi work (Chi sessions) with the study of the postures and forms of Taiji (Taiji sessions).

What happens in a "Chi" session?

Chi sessions focus on internal work which teaches students to:

- relax through postural and breathing exercises;
- develop their Chi awareness;
- centre themselves by locating, and learning how to use the Tiantien (the body's physical and energetic centre);
- guide and enhance their Chi through the use of traditional techniques.

What happens in a Taiji session?

In the Taiji sessions, students gradually integrate the Chi work (see above) to the various sequences:

Qigong sets:

- 8 Silk brocades
- 11 Chinese exercises (all levels)

Taiji (Yang) forms:

- the 24 postures (level 1- 2);
- the 108 postures (level 3)

Participants

The course is open to complete beginners and experienced practitioners alike.

We will alternate chi and taiji sessions throughout the day (4 sessions/day). Different levels will work separately where appropriate.

Tutor

Laurent Haquin, Professeur Delegee, International Inner Way School.

Having left a career as an engineer to dedicate himself to the study of Traditional Martial Arts in 1985, Laurent has taught TaijiQuan, Chi (Qi Gong) and Aikido professionally for the past 20 years.

Based in Edinburgh - Scotland. He is currently supervising teacher training in the UK as the head of the Inner Way School - UK.

Laurent has tremendous depth of knowledge of Tai Ji, as well as being a patient, gifted and experienced teacher.

Booking form - l'art du chi residential
4th - 7th September 09

Name



Address



Mobile



Email

Type of Accommodation required (Please circle)

Cottages Dormitory Camping

Type of Food (Please Circle)

Vegetarian Non-Vegetarian

Cost

Costs per person is:

Cottage - £310/£280 (*)
Dormitory - £285/£260 (*)
Camping - £255/£230 (*)

(*) 10% discount if paid in full before July 09

Payment included(Please circle)

Deposit: £50 payable before May 09

Reduced fee: £280/£260/£230 if paid before July 09

Full Fee: £310/£285/£255

Please note that all fees are non refundable

Cheques to be made payable to: Laurent Haquin

Sent to: l'art du chi, 69/6 Promenade, EH15 2DX