

# The Art of Ageing with Tew Bunnag

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Casa Lucia, Sgombou, Corfu, Greece.

2024 June 14 (start 17.30)15,16,17<sup>th</sup> (end 13.0)



Tew will be addressing the various issues that surround ageing – something that many are confronting at this point in our lives. How do we retain not only our physical but also our mental and spiritual well-being? How can we continue to celebrate our days while preparing for the journey that awaits us? How can we best accompany each other as we experience the changes that are taking place in our organism? He will be sharing practices from the Taichi, Chi Gung and the Buddhist tradition. Any previous familiarity with these is helpful but not essential.

If interested, please contact Val who will provide details re. bookings and accommodation.

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Please note that there are direct flights to Corfu from the UK and many European cities.