

*** World Tai Chi & Qigong Day ***
The Old Chapel
282 Skipton Road
Harrogate HG1 3HE
27th April, 2024

10.30am- 4.00pm

Please bring your own lunch -coffee & tea will be provided

~ Programme ~

- 10.30am Meet & Greet over Refreshments
 - Introductions - Betty
 - Guidelines for practicing safely & personal responsibility
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- 11.00am Warm Up Everyone - Stuart
 11.15am Physical movement in the posture 'Grasp the Sparrows Tail' - Bridget
 12.00pm The use of 'space' in 'Grasp the Sparrows Tail' - Paul
- 12.45pm Lunch
- 1.30pm Qigong/Tai Chi - Richard
 2.15pm The Six Harmonies of Liu, He,Ba, Fa - Stuart
- 3.00pm Refreshment Break
- 3.15pm Tai Chi Walking - Jennifer or Trust your Partner - Betty
 4.00pm Q&A
 The Peace Flame
 Close Down & Finish

Thank you very much for supporting World Tai Chi Day
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Special thanks to those who have helped us

in many different ways!



Stuart Agars
Harrogate Tai Chi Centre

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Jennifer Fitzgerald
Dales Taiji

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Richard Siwiak
Metta Tai Chi

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Betty Sutherland
UK Tai Chi

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Bridget Tayan
Zhong Ding Association

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Paul Underhill
Gateway Tai Chi