



**Springhead
Fontmell Magna
Shaftesbury
SP7 0NU**

Arriving from 5pm on 9th
and finishing 3pm on 11th

Fee for the weekend

Early Bird booking by 9 September
£345/£325 members

Thereafter, £365/£345 members

All bookings require a
non-refundable £50 deposit

It is possible to stay an extra night
after the retreat finishes for a
supplement of £25 to cover costs.

retreats.estcc@gmail.com

There is a limited amount
of single / double
accommodation available,
at a supplementary
charge. Please inquire
further when booking.

'If Change is the Only Constant'

with Kristina Gjems

Friday 9 - Sunday 11 October 2026

Springhead Trust, Fontmell Magna

Stability and flexibility,
hand in hand, co-existing,
interdependent

By breathing the body into motion
and resting it into stillness,
by engaging and communicating
with different layers,
we explore flexibility
as a softening, a letting go.

Can we then experience stability
as something spacious,
an alignment
and a connection
with something
beyond ourselves?

*Kristina is an experienced choreographer, dancer and t'ai chi
teacher living in Oslo. Trained with Gerda Geddes & Tew
Bunnag, she is a much valued member of our t'ai chi family.*



You will need to bring your
own cushions for meditation
and be prepared for all
weathers ! Please let us know
well in advance of any dietary
requirements.