



Day of T'ai Chi and AGM
Saturday 20th February 2027
Jurgen Centre, Egham Surrey TW20 0QR

Moving with Waves
led by Sue Webber

*As we emerge into spring from the element of water (winter)
we will be gathering for a day of T'ai chi together.
Exploring moves from both the long and short forms we will experience
the shifting from full to emptiness and emptiness to full.*

Saturday 10.00 - 3.00pm

You are welcome to arrive from 9.30 onwards. Please bring a vegetarian or vegan dish to share at lunch and mark as gluten free where possible. If you can, please bring your own meditation cushion and blanket.

£45/£40 members
(concessions available)

retreats.estcc@gmail.com

Please try to book by 12 February,

Everyone is warmly welcome to stay after the day of T'ai Chi and join the school's AGM which will also be available on Zoom



www.mettataichi.org.uk