



## **LONGFEI TAIJIQUAN ASSOCIATION**

### **2010 BOOKING FORM**

#### **Mark Atkinson Daoyin**

- February Sat 27<sup>th</sup> Morning session 9.30 – 12.30 Daoyin Baojian Gong (Exercises for Health Preservation)
- February Sat 27<sup>th</sup> Afternoon session 1.30 – 4.30 Hewei Jian Pi Gong (Stomach One)  
Cost of each session is £40 members £50 non members or both sessions £70 members £85 non members
- February Sun 28<sup>th</sup> One session 10.00am – 4.00pm Daoyin Taiji 'Bang', Stick, or Ruler , 5 Minute Exercise  
Cost of session £70 members £85 non members, if you attend all weekend sessions Saturday and Sunday price will be £120 members £140 non members  
To be held at: Lochinver house school, Heath Road, Little Heath, Potters Bar, Hertfordshire, EN6 1LW

#### **Master Wang Yanji**

- May Friday 14<sup>th</sup> May  November Friday 5<sup>th</sup> 7.00pm – 10.00pm Xinyi Quan  
Cost of each session is £40 members £50 non members  
To be held at: Peace Memorial Hall, Codicote High Street, Codicote, Herts, SG4 8XE.
- May Sat 15<sup>th</sup>  November Sat 6<sup>th</sup> Morning session 9.30 – 12.30 24 Simplified Taijiquan
- May Sat 15<sup>th</sup>  November Sat 6<sup>th</sup> Afternoon session 1.30 – 4.30 32 Taijijian (sword)
- May Sun 16<sup>th</sup>  November Sun 7<sup>th</sup> Morning session 9.30 – 12.30 Push Hands (DaLu)
- May Sun 16<sup>th</sup>  November Sun 7<sup>th</sup> Afternoon session 1.30 – 4.30 Bagua Palm Changes
- The cost for each weekend is as follows: 1 session £40 members £50 non members: 2 sessions £70 members £85 non members:  
3 sessions £100 members £120 non members: 4 sessions £130 members £150 non members  
To be held at: Lochinver house school, Heath Road, Little Heath, Potters Bar, Hertfordshire, EN6 1LW

Please tick the appropriate boxes and return to Longfei Taijiquan Seminars 2010, Karen Watson,  
3 Westland Drive, Brookmans Park, Herts, AL9 7UG. Enclose a deposit of £25 for each seminar you wish to attend.  
When deposits are received more detailed information will be emailed with the confirmation.  
Cheques made payable to Longfei Taijiquan Association. Please note deposits are non refundable.

R V Watson, Chairman.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_