



LONGFEI TAIJIQUAN ASSOCIATION

2012 BOOKING FORM

Simon Watson (*president of the English Daoyin Association*)

February Sat 25th **One Day Only** 9.30 – 16.30: **12 Forms Daoyin**

Warm up 13 Stretching Exercise and 5 Minute Exercise (for Blood and Qi)

Unfortunately due to availability of the hall we have reduced this years seminar to one day only please accept our apologies

Cost of the day is £70 members £85 non members

To be held at: Lochinver house school, Heath Road, Little Heath, Potters Bar, Hertfordshire, EN6 1LW

Master Wang Yanji

Friday 4th May Friday 9th November 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 5th November Sat 10th Morning session 9.30 – 12.30 Qi Gong & 24 Taijiquan
 May Sat 5th November Sat 10th Afternoon session 1.30 – 4.30 Push Hands
 May Sun 6th November Sun 11th Morning session 9.30 – 12.30 2 Man Taiji San Shou
(suitable for beginners)
 May Sun 6th November Sun 11th Afternoon session 1.30 – 4.30 Bagua Zhang

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

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Please tick the appropriate boxes and return to Longfei Taijiquan Seminars 2011, 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: _____