

Neijia TaiJi Quan: The Art of Life
A weekend of learning and relaxation at Ridge Hall
Friday 26th – Sunday 28th February 2010

Join Jason Dean, 32nd generation ShaoLin and friends at Ridge Hall, Staithes, North Yorkshire – a beautiful country house with breath taking views of the coast and hillside in the North Yorkshire Moors National Park.

Programme/Activities

Day 1 – Friday 26th February

- 1700-1930 – Arrival of guests, accommodation walking round the area
- 1930 – Dinner! A light supper will be provided, though guests are welcome to try out local pubs if preferred!
- 2030-2130 – Lecture 1 (Neijia TaiJi Quan and QiGong)

Day 2 – Saturday 27th February

- 0800-0900 – ShaoLin Qi Gong
- 0900 – Breakfast
- 1000-1200 – Neijia TaiJi Quan
- 1200-1500 – Free time (tourism, lunch *not* included)
- 1500-1700 – ShaoLin Qi Gong
- 1700-1800 ShaoLin group cleansing (optional extra £20 per participant)
- 1800-1900 Free time
- 1900-2000 – Lecture 2 (Neijia TaiJi Quan and QiGong)
- 2000 – Reception and Gala Dinner at Ridge Hall

Day 3 – Sunday 28th February

- 0800-0900 – JingGong exercises from ShaoLin QiGong
- 0900 – Breakfast
- 1000-1200 – Neijia TaiJi Quan
- 1200-1400 – Free time (lunch *not* provided)
- 1400 – 1500 – Optional Exam/Assessment
- 1500-1700 – ShaoLin QiGong
- 1700-1800 ShaoLin group cleansing (optional extra, £20 per participant)
- 1830 – Certificate Presentation
- - Departure (note for those guests who do not have to get back to the office, the accommodation can be retained for your use until 10am on Monday 1st March)

For more information about Jason Dean and Movement Wisdom contact:

Email: jason@better-body.co.uk

Phone: 07788634057

Or visit: www.movementwisdom.co.uk

For more information about Ridge Hall Cottages contact:

Email: relax@ridgehallcottages.co.uk

Phone Nicky on: 07977466988

Costs

£295 per person, based on sole use of a double/twin room on one of the four cottages

£255 per person, based on 2 people sharing a double/twin room on one of the four cottages

All rooms have ensuite bathrooms/shower rooms

This includes 'breakfast boxes' set up in each cottage – cereal/bread/fruit/tea/coffee/juice

Ploughman's supper Friday

Gala Dinner on Saturday – a buffet style dinner with wine

A deposit of £50 per person is required to secure your booking, with full payment being due on or before 31st December 2009.

Cheques should be made payable to 'Ridge Hall Cottages'
And sent to:

Nicky Bamford
Ridge Hall
Ridge Lane
Staithes
North Yorkshire
TS13 5DX

Nicky can be contacted directly on 07977466988
Jason can be contacted directly on 07788634057
Should you have any further queries

This promises to be a fun, fulfilling, relaxing and informative weekend with a small group, and we look forward to welcoming you.

Neijia TaiJi Quan