

Alternative Health Exercises Weekend Retreat Workshop

Tai Chi & Alexander Technique: 12th - 14th May 2017

Based on exercises developed from Tai Chi & Alexander Technique with elements of dance incorporated into two days of mindfulness exercises and meditation - developing a practical way of being.



Widely experienced Alexander teacher Judy Hammond and long-term Tai Chi instructor Ian Deavin have created a program of physical and mental exercises suitable for both complete beginners seeking a retreat weekend, or for more experienced exercisers looking to “workshop” their mind and body development.

Belsey Bridge Conference Centre offers a delightful mix of space, quietness and excellent hospitality - the package includes tuition with full board plus morning and afternoon tea.

- An introduction to Tai Chi and Alexander Technique
- Relaxing and strengthening movement
- Individual, partner and group work
- Meditation, visualisations



Numbers restricted. Cost: £290 (en-suite)

£130 initial payment - non-refundable. Balance of £160 due by 6/1/17 subject to cancellation terms.

Late booking fee of £30 if within 1 week of the event.

Venue: Belsey Bridge, Ditchingham, Bungay, Suffolk, NR35 2DZ. www.cct.org.uk/belsey-bridge/introduction

To book call Ian Deavin on 01462 621970