

## VALE OF YORK T'AI CHI QIGONG ASSOCIATION



### **Workshops and monthly classes for 2010**

These events are open to non-members, though the charges may be slightly higher.

Unless otherwise stated the venue is the Village Hall, Sutton under Whitestonecliffe. The cost to members is £4 per hour for classes.

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| Saturday October 9 <sup>th</sup>   | <b>Grading practice and advanced training</b><br>10am – 4pm with tutor Qigong Master Alan Box   |
| Saturday October 16 <sup>th</sup>  | <b>Grading</b><br>Only members may grade, but spectators are very welcome. <b>9.00am – 2.00pm</b> . Admission free.<br>Grading fees: £25 members; £30 instructors |
| Saturday November 13 <sup>th</sup> | <b>Class with Guest Tutor Stuart Agars</b><br>9am – 1pm   |
| Saturday December 11 <sup>th</sup> | <b>The Old Un-named Form</b><br>9am – 1pm with Instructor Sue Dixon   |
| December                           | <b>Christmas Meal – to be announced</b>   |

Wednesday Classes will be held at St James' Church on the following dates:  
November 3<sup>rd</sup> and December 1<sup>st</sup>.

Please note that venues could change for reasons beyond our control. For further information on any of these workshops, please contact us on [pat.brooks@valeofyork-qigong.co.uk](mailto:pat.brooks@valeofyork-qigong.co.uk)