

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 St James' Methodist Church, St James' Green, Thirsk. The cost to members is £4 per hour for classes.

July	There are no classes scheduled this month
Saturday August 14 th	Regular Class followed by advanced training 10am – 4pm with tutor Qigong Master Alan Box
Saturday September 11 th	Class with Guest Tutor Sandie Day 9am – 1pm
Saturday October 9 th	Grading practice and advanced training 10am – 4pm with tutor Qigong Master Alan Box
Saturday October 16 th	Grading Only members may grade, but spectators are very welcome. 9.30am – 2.30pm. Admission free. Grading fees: £25 members; £30 instructors
Saturday November 13 th	Class with Guest Tutor Stuart Agars 9am – 1pm
Saturday December 11 th	The Old Un-named Form 9am – 1pm with Instructor Sue Dixon
December	Christmas Meal – to be announced

Wednesday Classes will be held at St James' Church on the following dates:
July 7th, August 25th, November 3rd and December 1st.

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