

Catherine Robinson has been practising T'ai Chi Ch'uan since 1974. Her own teacher was Gerda Geddes, who studied with Choy Kam-Man in Hong Kong and is reputed to be the first person to bring T'ai Chi to the UK in the 1950s. Catherine runs regular courses for beginners and more experienced students, study groups, workshops and residential courses, and is an Advanced instructor-member of the T'ai Chi Union for Great Britain. She has been teaching weekly classes at the Chichester Hall since 1992. She is also a qualified remedial masseuse and a Registered Craniosacral Therapist with her own private practice, and is currently studying Fine Art on a part-time degree course.

Getting to the Chichester Hall

The Hall is in Sandgate High Street, and is easily recognised by its projecting clock. It's nearly opposite the Ship Inn, and next to a car-sales site (on your right if coming from Folkestone). Go through the double-doors and up the stairs. There is restricted wheelchair access (including some steps) via the slope at the rear right-hand side of the building.

There is limited parking in the High Street and surrounding side streets, and car parks in Wilberforce Road and Martello Terrace. Stagecoach buses stop right outside.

How to book

- Send a cheque (payable to **Catherine Robinson**), together with a completed booking form, to the address below; or
- you can sign up at the Introductory Talk on 8 September; or
- you may be able to enrol at the first class of term, if places are still available.

If you need further information, please contact

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T'ai Chi in Sandgate *with Catherine Robinson*

From September 2009
at the Chichester Hall,
in Sandgate High Street

T'ai Chi Ch'uan is an art which has been practised for centuries in China to promote good health and longevity. The slow, gentle flowing movements, accompanied by deep rhythmical breathing, gradually help the body and mind to become more open and centered, restoring an inner balance and harmony so often lost through the pressures and strains of everyday life.

There are many different styles of T'ai Chi, and the one we learn in these classes is the classical Yang Style, long form, developed by the Yang family. It can be practised by people of all ages and abilities. T'ai Chi, with its movements based on principles of self-

defence, is one of the traditional martial arts of China. Described as an 'inner art', it is a non-competitive, solo exercise and the emphasis in these classes will be on the health-promoting, meditative and balancing aspects of the T'ai Chi rather than on its application as a martial art. We will include some study of the classic T'ai Chi texts, and also explore the symbolism of the movements. The teaching will be founded on the Taoist principle of the Yin and the Yang which offers practical guidance in a world of constant change and uncertainty.

You don't need any special clothes, although inexpensive Chinese T'ai Chi shoes are available from the teacher if you wish to wear them. You *do* need to be able to make it regularly to the classes, because if you miss too many you're likely to get confused and it can be difficult to catch up.

See inside for this year's range of classes, and on the back for some practical information.



Find out if T'ai Chi is for you

Come along to the Chichester Hall on **Tuesday 8 September at 7.30pm** for a **free talk and demonstration**. Catherine will explain a bit about the history of the T'ai Chi, its relevance to daily life, and how the classes are structured. With some members of the Sandgate T'ai Chi group she will demonstrate the T'ai Chi form, and there will be opportunities to ask questions afterwards and enrol for the class if you decide to go ahead. Everyone is welcome and there's no obligation to join up.

T'ai Chi in Sandgate: Tuesday evenings

Autumn Term (13 weeks)	Tues 15 September– Tues 15 December <i>(no class 27 October)</i>
Spring Term (12 weeks)	Tues 5 January – Tues 30 March <i>(no class 16 February)</i>
Summer Term (13 weeks)	Tues 20 April – Tues 20 July <i>(no class 13 July)</i>

Times of Classes:

6.00 – 7.00pm	New T'ai Chi Beginners Class
7.15 – 7.45pm	T'ai Chi Part III <i>for current students - from Sept to Dec 09</i> Qigong <i>from January 2010</i>
8.00 – 9.30pm	T'ai Chi Study Group

Fees payable by the term	<i>Autumn</i>	<i>Spring</i>	<i>Summer</i>
Beginners	£78.00	£72.00	£78.00
Part III/Qigong	£32.50	£30.00	£32.50
Study Group	£91.00	£84.00	£91.00

The Qigong session starting in January is open to all students (see opposite). As an alternative to enrolling for Qigong on a whole-term basis, you may come as you please at a cost of £3.00 per weekly session, but it works out cheaper to pay by the term. The alternative weekly rate for the Study Group is £8.00. In the Beginners and Part III classes there is no provision for paying by the week because of the need to attend regularly.

If you are unable to attend on Tuesday evenings, there are also beginners' T'ai Chi and Qi Gong classes at the Chichester Hall on Friday mornings, taught by Sue Blakesley. For more information, ring Sue on 01303 210456.

"Find movement in stillness, and stillness in movement"

- Taoist quotation

T'ai Chi Beginners

Tuesdays 6.00–7.00 from 15 September

These classes lay the foundation for the practice of T'ai Chi, introducing you to the experience of movement growing out of stillness. The movements express the fundamental Taoist principles of balance, rootedness, yielding and flexibility, and each sequence also has a symbolic significance. With the help of simple exercises to demonstrate and clarify these principles, you will gradually learn all the sequences of the form. It takes approximately four terms to learn the whole of the Yang Style, long form of T'ai Chi. To make the most of this class you need to be able to attend on a regular basis, as it can be difficult to catch up if you miss too many weeks. You will start to feel the benefits of T'ai Chi from the beginning, as you practise the slow, flowing movements and gradually return to a place of inner space and stillness.

T'ai Chi Part III, for second year students onwards

Tuesdays, 7.15–7.45 (September to December 2009)

This session will introduce the sequences of the third part of the form. It is intended for current second-year students, and anyone who wishes to revise or clarify this section. It is designed as a lead-in to the Study Group, where the new movements can be integrated into the practice of the whole form.

Qigong

Tuesdays 7.15–7.45, from January 2010

Qigong (pronounced 'chigoong') is a system of gentle therapeutic breathing and movement exercises for nurturing and developing the body's vital energy, or Chi. It is closely related to T'ai Chi, helping to release and open the body and encouraging a deeper awareness of the energetic flow of the T'ai Chi movements. Qigong exercises are simple to learn, and can be used to support your own inherent healing process by focussing energy to wherever in your body it is needed. This session is open to all students. You may enrol for the term, or if you prefer, pay as you come on a weekly basis. It is a good opportunity for new students to meet and work alongside more experienced T'ai Chi players, and feel part of a friendly and supportive T'ai Chi group which has developed over the years in Sandgate.

T'ai Chi Study Group

Tuesdays 8.00–9.30pm

Ongoing group for second-year students and for those T'ai Chi players who have learnt the Long Form, and wish to continue to practise together and explore the T'ai Chi in greater depth in a longer session. Membership of this group is by arrangement with the teacher.