

Swallowfield classes

in the Studio or the garden of Lambs Farmhouse (weather permitting) ...

Please come suitably dressed with both indoor and outdoor shoes. When practising in the studio, both doors will be open to keep air circulating.

Weekly classes

- Monday 18:30 to 20:00. **Chen Taijiquan** - for students who know the Laojia form
20:00 to 21:00 **Pushing Hands**
- Tuesday 18:30 to 20:00 **Chen Taiji Double Sabre** – open to all - Starting in March 2022
- Wednesday 11:00 to 12:00 **Chen Taiji Sword** – open for all
- Thursday 10:00 to 11:00 **Chen Taijiquan** - open to all. Ideal for total beginners
11:00 to 12:00 **Chen Taijiquan** – open to students who know the first section
- Thursday 17:30 to 19:00 **Baguazhang** – open to all

Fees:

- 1 hour £12 per session, £90 for 10 sessions attended
1 and ½ hour £18 per session, £135 for 10 sessions attended

Monthly classes

Chen Taijiquan - Xinjia - open to all though knowledge of Laojia form an advantage
First Saturday of the month 10:30 to 13:30 - £35 - starting on Saturday 5th February

Chen Taijiquan - Laojia - open to all
First Sunday of the month 10:30 to 13:30 £35 - starting 6th February

Yiquan - open to all
Second Saturday of the month 10:30 to 17:00 - £60 - starting on 8th January

Chen Taijiquan - Laojia for students who know the form
Third Saturday of the month 10:30 to 13:30 £35 - starting 15th January

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Laojia Pao Chui Taijiquan for students learned Laojia form
Third Saturday of the month 14:30 to 17:00 £30 - starting 15th January