

Residential weekends with Karel & Eva Koskuba at High Leigh Centre



Yiquan, Taijiquan and Qigong exercises are simple enough for beginners to learn and sophisticated for advanced practitioners to study in greater depth. Everyone can find something positive to learn during the weekend that they can take into their everyday life. The exercises are simple yet can have profound effects on your energy levels.

Weekend 1: **Yiquan, Taijiquan & Qigong**

When: 20-22 May, arrivals from 17:00 on Friday and finishing at 16:30 on Sunday.

Weekend 2: **Chen Taijiquan & Qigong**

When: 5-7 August, arrivals from 17:00 on Friday and finishing at 16:30 on Sunday.

Cost: Each weekend £395 if paid for in full four weeks in advance or £425 afterwards, inclusive of tuition, accommodation and full board.

To reserve your place, you need to pay a non returnable deposit of £165 for a retreat.

Venue: Heigh Leigh, Hoddesdon, Hertfordshire EN11 8SG

- En-suite accommodation in single or twin rooms
- Breakfast, grab-and-go lunch, and dinner
- Morning coffee with biscuits and afternoon tea with cake
- Access to tea, coffee and hot chocolate between 8am and 8pm
- Onsite parking and a use of 40 acres grounds

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