**Taiji-Qi Gong & Bodywork Retreat**

**\* Friday 19th to Sunday 21st August 2022 \***

**Immerse yourself in a weekend of Taiji & Qi Gong and Body work to experience a deepening and refining of your practice. *Braziers* provides the perfect environment, a tranquil Gothic Mansion set in 55 acres of meadows and woodland. It is a thriving secular Community and Educational Trust.**

**It is highly recommended you visit** [**www.braziers.org.uk**](http://www.braziers.org.uk/) **to discover more.**

 

**" The Retreat has done me the world of good"…………….."I felt really brilliant after;**

**"I hugely enjoyed the Qigong/Tai Chi weekend at Braziers Park, an architectural gem…."**

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**Throughout the weekend there will be the chance to explore either Chen or Sun styles of Taiji, a wide variety of Qi Gong forms along with Bodywork-Shiatsu sessions and Meditation exercises. There are opportunities to practice on sunny terraces, in screened gardens, orchards and woodland.**

**Teachings are offered by Jeff Docherty & Mark Collins, practitioners of 20+ years.**

**Bookings: (www.cotswoldedgetaichi.co.uk)**

* **Reservations require a non-refundable deposit of £100.**
* **Fully incl. costs for two nights, full board & tuition from Fri 4pm - Sunday 4pm**
* **The Retreat with a Single Room is £365**
* **For a Shared Room with one other £315**
* **There is an eco-camping option at £285**

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