

Swallowfield classes

in Lambs Farmhouse garden, or in our studio if inclement weather, hence please come dressed for both indoors and outdoors (address at the bottom of the page)

Weekly classes

Monday	18:30 to 20:00	Taijiquan Laojia – knowledge of the form is required
	20:00 to 10:00	Pushing Hands
Tuesday	10:00 to 11:00	Balancing and Silk Reeling Qigong
	18:45 to 19:45	Taiji Double Sabre – open to all - starting in March 2023
Wednesday	11:00 to 12:00	Taiji Sword – open to all
Thursday	10:00 to 11:00	Silk Reeling Qigong and Taijiquan Laojia - for beginners
	11:00 to 12:00	Taijiquan Laojia – for students who learned the form up to third Jin Gang Pounds Mortar
	17:30 to 18:30	Baguazhang – open to all, 18:30 to 19:00 Pushing Hands

Fees:

1 hour £ 90 for 10 sessions attended or £15 per session

1 and ½ hour £135 for 10 sessions attended or £20 per session

Monthly classes

Second Friday	14:00 to 16:00	Pushing Hands for Women - open to all	£20
Second Saturday	8:30 to 10:30	Xingyiquan - open to all	£25
	10:30 to 13:30	Yiquan - open to all	£35
	14:30 to 17:00	Pushing Hands - open to all	£30
Third Saturday	10:30 to 13:30	Taijiquan Laojia - for students who know Laojia form	£35
	14:30 to 17:00	Laojia Paochui - prerequisite is knowing Laojia form	£30
Second Sunday	10:30 to 13:30	Taijiquan Laojia - open to all	£35
Third Sunday	10:30 to 13:30	Taijiquan Xinjia - prerequisite is knowing Laojia form	£35
	14:30 to 17:00	Spear exercises and shaking - open to all	£30

Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY
For satnav, use GPS coordinates 51.3847, -0.9725, otherwise ask for directions

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