

Residential weekends with Karel & Eva Koskuba at High Leigh Centre, Hoddesdon, Herts



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: **Chen Taijiquan, Yiquan & Qigong**

When: 28-30 April 2023, arrivals from 17:00 on Friday and finishing at 16:00 on Sunday.

Weekend 2: **Chen Taijiquan, Yiquan & Qigong**

When: 8-10 September 2023, arrivals from 17:00 on Friday and finishing at 16:00 on Sunday.

Cost: Each weekend £415 if paid for in full four weeks in advance or £445 afterwards, inclusive of tuition, accommodation and full board.

To reserve your place, would you please pay a deposit of £190 for a retreat.

Venue: High 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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