

WINTER RETREAT 2019	Class	Space	Participants
---------------------	-------	-------	--------------

FRIDAY 4 JAN-19

2.00 - 4.00	Welcome and registration	KERKSTRAAT	ALL
2.00 - 3.45	8th Level	FLEX	members
4.00 - 5.00	INTRO to Winter Retreat	KERKSTRAAT	ALL
6.00 - 7.00	WFW (part 1)	KERKSTRAAT	Invitees
6.00 - 7.00	8th Level	FLEX	members

SATURDAY 5 JAN-19

9.15 - 12.15	ALL DAY TILL 4.00 TOGETHER	BALLROOM	
	T'ai Chi & Sensing Hands Qigong Push Hands/TC principles to teach and to embody PH4/7		ALL ALL
11.15 - 12.15	"Taking our Practice to the Next Level":		ALL
12.30 - 1:45	Lunch break	KERKSTRAAT	ALL
2.00 - 3.00	UPDATING incl. Apprenticeships	BALLROOM	ALL
3.00- 3.30	Tea Break	BALLROOM	
3.30 - 5.00	Appr. B2-B3-FUN-PH2-PH3	BALLROOM KERKSTRAAT	
5.30 - 6.45	8th Level 3rd session	BALLROOM	members
DINER	DINE AT YOUR OWN CONVENIENCE		
7.00-8.00	WFW (part 2)	KERKSTRAAT	invitees

SUNDAY 6 JAN-19

NO Ballroom in the morning

9.00 - 10.45	Appr.B2-B3/FUN-PH-IFC	KERKSTRAAT/FLEX	
11.15 - 12.15	How to inspire with Tai chi and qigong experienceship	KERKSTRAAT	Open for all
11.15 -12.15	PH4 A seminar	FLEX	
12.30 - 1.45	Lunch break	KERKSTRAAT	
2.00 - 4.00	RELAXATION - TCC - PH	BALLROOM	Open for all
4.00 - 5.00	Sword Form	BALLROOM	
5.00 - 5.30	Pause		
5.30 - 6.15	Hall of Happiness for all including students	KERKSTRAAT	Open for all
6.30 - 7.30	DINNER CATERED	KERKSTRAAT	Open to all
7.30 - 8.30	Updating each other and from LH - TCF	KERKSTRAAT	ALL
9.00 - 10.00	WFW	KERKSTRAAT	invitees

ADDRESSES:

Stichting the School of T'ai Chi Chuan, Kerkstraat 441 1017 HZ Amsterdam

BALL ROOM: Gemeente Gods, Nieuwe Herengracht 103 1011 RZ Amsterdam

Flex 427, Kerkstraat 427 Amsterdam

Walk in T'ai Chi style between locations: so sung with heaven

CHECK THE SCHEDULE DAILY AT THE LOCATIONS IF THERE ARE ANY CHANGES MADE

MONDAY 7 JAN-19

9.00 - 10.45	Appr.B2-B3/FUN-PH-IFC	KERKSTRAAT+BALLROOM	
11.15 - 12.15	How to inspire with Tai chi and qigong experienceship	BALLROOM	
11.15 - 12.15	PH4 A seminar	KERKSTRAAT	
12.30 - 1.45	Lunch break	KERKSTRAAT	
2.00 - 3.30	MEDITATION T'ai Chi & Sensing Hands PH 4a / PH7	BALLROOM	ALL
		BALLROOM	ALL
3.30- 4.00	Tea Break		
4.00 -5.00	Sword Form	BALLROOM	
5.00- 6.00	Fencing	BALLROOM	
5.00- 6.00	Time in the Art	BALLROOM	for who is not in sword
DINER	DINE AT YOUR OWN CONVENIENCE		
8.00 - 9.00	WFW	KERKSTRAAT	

TUESDAY 8 JAN-19

9.00 - 11.00	Appr.B2-B3/FUN-PH-IFC	KERKSTRAAT+BALLROOM	
11.15 - 12.15	How to inspire with Tai chi and qigong experienceship	BALLROOM	
12.30 - 1.45	Lunch break	KERKSTRAAT	
2.00 - 3.45	Security Awareness	BALLROOM	ALL
	Push Hands PH 4a / PH7		
3.45- 4.00	Tea Break	BALLROOM	
4.00 - 5.00	Sword Form	BALLROOM	
5.00- 6.00	Time in the Art	KERKSTRAAT	for who is not in sword
5.00-6.00	Fencing	BALLROOM	
6.15 - 7.00	History of the school Video of Pat Gorman	KERKSTRAAT	
8.00 - 9.00	WFW	KERKSTRAAT	invitees

WEDNESDAY 9 JAN -19

9.00 - 10.45	Appr.B2-B3/FUN-PH-IFC	KERKSTRAAT+BALLROOM	
11.15 - 12.15	How to inspire with Tai chi and qigong experienceship	BALLROOM	
11.15 - 12.15	PH 4 A Seminar	KERKSTRAAT	
12.30 - 1.45	Lunch break	KERKSTRAAT	
2.00 - 3.30	guided visualisation meditation based on the 5 Elements 1/2 hr	BALLROOM	ALL
	T'ai Chi & Sensing Hands PH 4a / PH7		
3.30- 3.45	Tea Break	BALLROOM	
3.45 - 4.45	Sword Form / Fencing	BALLROOM	
5.00 - 6.00	PH 7	BALLROOM	
6.15 - 7.15	Open TC Form class students and all	KERKSTRAAT	Open for all
7.00 - 8.00	DINE AT YOUR OWN CONVENIENCE		
8.00 - 9.00	WFW	KERKSTRAAT	invitees

THURSDAY 10 JAN-19

9.00 - 10.45	Appr.B2-B3/FUN-PH-IFC	KERKSTRAAT+BALLROOM	
11.00 - 12.15	How to inspire with Tai chi and qigong experienceship	BALLROOM	
11.15 - 12.15	PH 4 A Seminar	KERKSTRAAT	
12.30 - 1.45	Lunch break	KERKSTRAAT	
2.00 - 2.45	RELAXATION -T'ai Chi Chuan PH4/7	BALLROOM	
2.45 - 3.45	Security Awareness	BALLROOM	ALL
3.45 - 4.00	Tea Break	BALLROOM	
4.00- 5.15	Sword Form a+b	BALLROOM	
4.15 - 5.15	Fencing	BALLROOM	
5.00- 6.00	Time in the Art	KERKSTRAAT	for who is not in sword
6.15 - 7.15	DINE AT YOUR OWN CONVENIENCE		
8.00 - 9.00	WFW	KERKSTRAAT	invitees

FRIDAY 11 JAN-19

9.00 - 10.45	Appr.B2-B3/FUN-PH-IFC	KERKSTRAAT+BALLROOM	
11.00 - 12.15	Implementing Teaching updates	BALLROOM	ALL
12.30 - 1.45	Lunch break	KERKSTRAAT	
1.30 - 2.00 *	Special training for all from WFW 1 and up	Garden room	Invitees
2.00 - 3.30	TC & Qigong quality open to change	BALLROOM	ALL
	ALL PH Levels		
3.30 -3.45	Tea Break	BALLROOM	
4.00- 5.00	Sword Form a+b / Fencing	BALLROOM	Invitees
5.30 - 6.45	HO'OPONOPONO	KERKSTRAAT	
6.45 -7.30	Prep Party & dress up	KERKSTRAAT	
7.30 -	DINNER PARTY	KERKSTRAAT	

	Locations might change according to the need of the groups				
APPRENTICESHIP			TEACH	TEACH	Location see weekday schedule
B2			Floyd	Ann-Marie Gent	Kerkstraat Studio
Aidan	Healy	Ireland			
Johanna	Koelman	Netherlands			
Kana	Yamaguchi	Netherlands			
Oliver	Brouwer	England			
Igluka	Anand	England			
B3			Mark P.	Hal	Ballroom
Katrin	Tschupp				
Frances	The				
Sunil	Hirani				
Sondra	Sealine	USA			
Fun			Koen(not on 8th Jan)	Vanessa on 8th Jan	Kerkstraat Garden room
Franz	Stumpf	Austria			
Shao	Lin	Netherlands			
Peter	Dynoodt	Belgium			
Rani					
PH1+PH2+PH3 first 1/2 hr together			Greg	Sherry	Ballroom
PH2			Greg	Kevin Lannon	Ballroom
Mike	Barkham	England			
Roberto	Spiga	England			
Roger	Noon	England			
Peter	Kennedy	France			
PH3	cancelled				
IFC first 1/2 hr together with PH group			Gerrie		Ballroom
Vanessa	Costigan	Ireland			
Peter	Streef	Netherlands			
Maria	Gandler	Austria			
Surrinder	Dhesi	England			
Ossian	Bakker	part time???			
TC&Qigong Experiencship			Greg	Gerrie	Ballroom
Double hand PH	Oliver Brouwer				
	Kana Yamaguchi				
PH4A seminar new and review group together 5 sessions					
PH4 seminar	Igluka	Anand	Mark	Vanessa	Kerstraat Studio
NEW	Frances	The			
	Johanna	Koelman			
	Sondra	Sealine			
PH4A seminar review class			Mark	Sherry	
	Sunhil	Hirani			
	Shao	Lin			
	Aidan	Healy			
Hall of Happiness for all including students	5.30 – 6.15	Sunday 6 jan-19	Greg + Kevin		Kerkstraat Studio

Open TC Form class students and all	6.15 - 7.15	Wednesday 9 Jan-19	Vanessa + Koen		Kerkstraat Studio
Possible teachers are: Ken, Mark P., Floyd, Sherry, Greg, Gerrie,					
				TEACHER	Fill in Theme
Monday 7 Jan 5.00- 6.00	Time in the Art	KERKSTRAAT	for who is not in sword	Kevin	
Tuesday 8 Jan-19	Time in the Art	KERKSTRAAT	for who is not in sword	Els E.	
Thursday 10 Jan-19	Time in the Art	KERKSTRAAT	for who is not in sword	Vanessa	

