

WINTER RETREAT 2024	Class
	Muiderkerk Monday, Tuesday, Thursday Friday
Saturday 6 2024	
9.30 - 10.30	
12.00 - 1.00	
1.30 - 3.30	INTRO to Winter Retreat
	UPDATING All Apprenticeships T'ai Chi & PH
3.30 - 4.00	Pause
4.00 - 5.00	Pushing Hands
4.30 - 6.00	WFW (part 1)
6.00 - 7.00	DINE AT YOUR OWN CONVENIENCE
7.30 - 8.30	WFW (part 2)
7.15 - 8.30	8th Level
Sunday 7 2024	
9.00 – 11.00	APPRENTICESHIPS B1 B3 Fun PH1 IF IFC
11.00 - 11.30	Pause
11.30 - 12.30	PH 4a Seminar and session
11.30 - 12.30	PH 5A
12.30 – 1.45	Lunch break
2.00- 5.00	T'ai Chi & Push Hands Qigong Kids Games
3.15- 3.30	Tea Break
4.15 - 4.30	Pause
3.30 - 6.00	B1 Apprenticeship
	PH 4a Seminar and session
5.00 -7.00	DINE AT YOUR OWN CONVENIENCE
7.00-8.00	WFW session 1
7.15 - 8.30	8th Level
Monday 8 Jan 24	
9.00 – 11.00	APPRENTICESHIPS B1 B3 Fun PH1 IF IFC
11.00 - 11.45	<i>Pause = longer to travel between locations</i>
11.45 - 12.45	Kids Games Experienceship
12.45– 2.00	Lunch break
2.00- 3.15	DANTIAN AWARENESS EXPERIENCE BEING AT EASE
3.00 - 4.00	PH4A
3.00 - 4.00	PH 5A
3.30 - 4.15	Sword Form
4.15 - 5.00	Fencing - Sword Form
4.15 - 6.15	B1 Apprenticeship
5.00 - 5.15	Pause
5.15 – 6.15	
6.30 – 7.30	Dinner PIZZA's

7.30 - 8.30	Updating each other and from LH – TCF
9.00 - 10.00	WFW session 2

ADDRESSES:

Stichting the School of T'ai Chi Chuan, Kerkstraat 441 1017 HZ Amsterdam
 FLEX, Kerkstraat 427, 1017 HX Amsterdam
 MUIDERKERK Linnaeusstraat 37 1093 EG Amsterdam (4 days Mon., Tues., Thurs. and Friday)
 Tram or Walk in T'ai Chi style between locations

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

Tuesday 9 2024

9.00 – 11.00	APPRENTICESHIPS B1 B3 Fun PH1 IF IFC
11.00 - 11.45	Pause = longer to travel between locations
11.45 - 12.45	Kids Games Experienceship
12.30 – 1.30	Lunch break
2.00 - 3.30	CONNECT solo dantian heaven - earth or Yin- Yang
3.00 - 4.00	PH 5A
3.00 - 4.15	PH 4A
3.30- 4.00	Tea Break
4.00 - 4.45	Sword Form
4.45 –5.30	Fencing - Sword Form - push hands
5.30- 6.00	
4.15 - 6.15	B1 Apprenticeship
DINER	DINE AT YOUR OWN CONVENIENCE
7.30 - 8.30	WFW 3

Wednesday 10 2024

9.00 - 11.00	APPRENTICESHIPS B1 B3 Fun PH1 IF IFC
11.00 - 11.30	Pause
11.45 - 12.45	Kids Games Experienceship
12.30 – 1.30	Lunch break
2.00 - 3.45	Push Hands PH 4a / PH7
3.00 - 4.00	PH 4a Seminar and session
3.15- 3.30	Tea Break
3.00 - 4.00	PH 5A
4.15 - 4.30	Pause
4.15 - 6.15	B1 Apprenticeship
5.00 -7.00	DINE AT YOUR OWN CONVENIENCE
7.00-8.00	WFW session

Thursday 11 2024

9.00 - 11.00	APPRENTICESHIPS B1 B3 Fun PH1 IF IFC
11.00 - 11.45	Pause = longer to travel between locations

11.45 - 12.45	Kids Games Experienceship
12.45 – 1.45	Lunch break
2.00- 4.00	Push Hands PH 4a / PH7
3.00 - 4.00	PH 4a Seminar and session
3.00 - 4.00	PH 5A
4.00- 4.15	Tea Break
4.15 - 6.15	B1 Apprenticeship
4.15 - 5.00	Sword Form
5.00 – 6.00	Sword Form - Fencing
DINER	DINE AT YOUR OWN CONVENIENCE
8.00 - 9.00	WFW 5

Friday 12 2024

9.00 - 11.00	APPRENTICESHIPS B1 B3 Fun PH1 IF IFC
11.00 - 11.45	Pause = longer to travel between locations
11.45- 12.45	What do we take with us from the apprenticeships, experienceship
12.45 – 1.45	Lunch break
2.00 - 3.00	TC & Qigong Unity
3.00 - 4.00	ALL PH Levels
4.00– 4.45	Sword Form / Fencing
5.30 - 6.45	Prep Party & dress up