

On the Eye of the Hurricane



- Living Tai Chi

with Richard Farmer

Founder of Rising Dragon Tai Chi School

3rd - 6th May 2002

A residential weekend open to all, no experience of Tai Chi required.

Richard has devoted his life to living the essence of Tai Chi and to sharing this with others that they too might live it.

RDTTC & Living Dharma Tapes invite you to share some time with this truly gifted teacher.

Cost: £165 - reductions available on request.

Times: 6.30 Friday to 3.00 Monday

Methods taught: Tai Chi Shibashi (short version) - meditation - healing touch.

Venue: Poulstone Court
Kings Caple
Herefordshire

www.poulstone.com

(Easy access, M4 - M5 - M50 - A40)

People often ask me if I give Tai Chi weekends open to anyone which introduce the essence of Tai Chi. Rarely is the answer - and this is it!

We all lead increasingly complex lives, so to have something to help us simplify this complexity is invaluable. Tai Chi is stillness in action. Living this in everyday life is the ability to rest whilst doing what you need to do - The Eye of the Hurricane.

Spring is a time of renewal and this Bank Holiday weekend offers the opportunity to receive nourishment - the outer nourishment from Poulstone Court - gorgeous food, great walks, peace and quiet and the inner nourishment from the Tai Chi - gentle healing exercises and essential focussing.

Using simple methods which exclude none we will go right to the heart of it. These methods will serve as tools to help you re-find the stillness when you leave here.

I offer this weekend to share the real value of what I have learnt over the past 25 years. Anyone can come, it just might change your life.

*Yes I would like to come to "On the Eye of the Hurricane."
I enclose a booking fee of £30 (payable to RDTTC)*

Booking Form

Name _____

Address _____

Post Code _____ Tel. _____ email: _____

Please tick - Full fee Single Room

Please note: single rooms only available for full fee + £45.67

Send to:

RDTTC, Poulstone Court, Kings Caple, HR1 4UA, Herefordshire
for further inf. phone 01432 840 860, email: rdtc@risingdragon.co.uk

