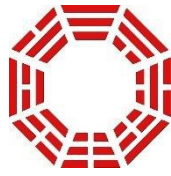


Raised Spirit Internal Arts



2017 Intensive Workshops

Goa, India

3 days of training, 4 nights accommodation.

Arrive **March 2nd**, training starts the next morning.

Cost: £500 training only or £700 including accommodation and breakfasts. 25% deposit required to secure place.

Oxfordshire, UK

5 days of training, 6 nights accommodation.

Arrive evening of May 31st, training starts the next morning (**June 1st**)

Cost: £600 training only or £1200 including accommodation (private room) and food (3 meals / day). 25% deposit required to secure place.

Training

5 hours each day, split over 2 sessions, including:

- Nei-gong
- Qi-gong
- Zhan Zhuang (Standing practise)
- Push hands
- Sparring
- Basic ground fighting principles and drills
- Partner Drills
- Animal ground movements
- Cold water training
- Breathing exercises
- Nutrition Advice

Contact

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