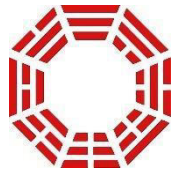


Raised Spirit Internal Arts



5-day Intensive Workshop

Location

This holistic Martial Arts training camp will take place in Oxfordshire (OX49), with the majority of training taking place outdoors. (If you are coming by public transport, get the Oxford Tube coach service from Oxford or London to Lewknor, and you will be collected from the bus stop. These run 24 hours a day, every 20 minutes).

Dates

2 options:

- Tues 25th – Saturday 29th October 2016
- Mon 31st October – Friday 4th November 2016

Training

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

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

Cost

£600 (25% deposit required to reserve place). Accommodation can be arranged, please get in touch to discuss.

Contact

07505 033 568 raisedspirit.com info@raisedspirit.com