



3-Day Raised Spirit Workshop: Oxfordshire, UK

When

Friday 29th September – Sunday 1st October 2017

Where

Watlington, South Oxfordshire

Dry weather: Watlington Recreation Ground - OX49 5BZ

Wet weather: Watlington Town Hall - Market Place, High Street, Watlington OX49 5PY

Training Times

Fri: 11-1.30pm, 5.00-7.30pm

Sat: 7.30-10am, 4.00-6.30pm

Sun: 7.30-10am, 4.00-6.30pm

Cost

£490 (includes 2 nights accommodation)

50% deposit to reserve your space. (Pay via bank transfer, paypal, cash)

If accommodation is not required, reduced price available.

Training

- Nei-gong (Internal work)
- Qi-gong (Energy work)
- Zhan Zhuang (Standing practise)
- Ji Ben Gong (Foundational exercises)
- Tui Shou (Push hands)
- Animal ground movements
- Ground fighting fundamentals

Contact: info@raisedspirit.com