



Dear All,

Welcome to Sifu Wing Cheung's Comprehensive Tai Chi Qigong (Instructor) Training Course – Level 1, taught by Catherine Burnett & Annie Cryar

Venue: Pett Village Hall, Pett Road, Pett, Hastings TN35 4HD. Plenty of parking on-site with unlimited access.

Date/Times: Sat 20th Nov 2021 10am-5.30pm, Sun 21st Nov 2021 9.30am-4.00pm (optional assessments 4.00pm-6.00pm). Please note that the assessments may take longer depending how many opt for it. They will take approx. 15mins each and we endeavour to see students with the furthest distance to travel first.

Cost: Tuition: £225
or £150 for repeat students or QTT Graduates & Undergraduates
Optional Assessment: £60

Payment & Booking: To secure your place, please transfer the tuition fee referencing your name and "Set1P" to:

Shiatsu College Hastings
Account number: 69099269
Sort code: 08 92 99

Or you can send a cheque made payable to "Shiatsu College Hastings" to:
Shiatsu College Hastings, Charnwood, Chapel Lane, Westfield, Hastings TN35 4QX
Please email catherineburnett12@gmail.com when you have made the payment so we can book you straight onto the course and send you Sifu Cheung's 50% discount code for his manuals and videos, should you wish to purchase them.

Facilities: There are no shops in the village, so please bring a packed meal, or you can order from the pub next to the venue – the Two Sawyers. There is also a tea room (Tik Toc). There is a fully fitted kitchen at the venue with fridge, microwave, oven and hob.

Plant based milk, tea, coffee, herb tea, water and biscuits will be provided by us.

During the pandemic we will not be providing blankets/cushions etc, so please bring your own for meditation/sitting. There are plenty of chairs.

Optional Assessments: Sifu Wing Cheung is the lineage holder for this style of Shibashi and if you wish to receive an instructor's certificate from his Tai Chi Qigong & Feng Shui Institute, as his Senior Instructors we are authorised to pass your assessments. When you pass, we will inform Sifu Cheung and arrange for your certificates to be sent from Toronto.

We will close the workshop at 4.30pm on Sunday and then the assessments take place, which take approx.15 minutes per person. You will be asked to demonstrate Shibashi set 1, as taught by Sifu Cheung,

but only 2 repetitions (2 breaths) of each movement. The emphasis is on your ability to demonstrate the Qigong Mode and Tai Chi Posture Requirements, as well as the movements and transitions. There will also be a short written test to complete, which will be emailed to you after the workshop.

You don't have to take the assessment on the day and can send us a video after you have had some practice time. **There is an additional cost of £60 for your assessment** and certificate, please bring this with you or transfer on the day of your assessment.

Accommodation (optional): Pett with its mix of coast and countryside is a great place to visit.

Glamping & B&B accommodation available in Pett village (not vetted by us, not an exhaustive list):

Cedarwood, Watermill Lane, Pett

https://www.airbnb.co.uk/rooms/22306963?location=Watermill%20Lane%2C%20Pett%2C%20Hastings%2C%20UK&adults=1&source_impression_id=p3_1582729910_SIAy9VvGyWN%2FyPIL

Showmans Wagon, Church lane, Guestling

https://www.airbnb.co.uk/rooms/13089954?source_impression_id=p3_1582730208_C5zW6w%2FQ3jsFOgR%2B

Two Sawyers: Pett Road, Pett Village, East Sussex TN35 4HB, 01424 812255, info@twosawyers.co.uk, www.twosawyers.co.uk

French Court Oast: Pett Road, Pett Village, East Sussex TN35 4JA, 07711 655621

bb@frenchcourtoast.co.uk , www.frenchcourtoast.co.uk

Stream House: Pett Level Rd, Pett Level, East Sussex TN35 4ED, 01424 814916,

<http://www.stream-house.co.uk/>

There are hotels and B&B's in the nearby towns of Hastings or Rye. It's best to look on the internet for something in your price range as there are many options, here are a few:

- www.eaglehousehotel.co.uk
- <http://www.victorian-bed-and-breakfast.com/>
- <https://www.thehighlandsinn.net/>
- <https://royalvichotel.co.uk/>
- <https://www.baytreeveganhotel.co.uk/>
- www.travelodge.co.uk/Hastings
- <http://www.summerfieldshouse.co.uk/>
- https://www.airbnb.co.uk/rooms/4228947?location=21%20Markwick%20Terrace%2C%20Saint%20Leonards%20on%20sea%2C%20UK&s=6qn_LzJQ

Cancellation: If for any reason you can't attend the workshop, here is our cancellation policy:

Number of days before the start date of the event	Refund of Tuition Fee %
> 90	90%, or as 100% credit towards another workshop
60 – 90	80%, or as 90% credit towards another workshop
30 – 59	65%, or as 75% credit towards another workshop
< 30	50%, or as 60% credit towards another

On very rare occasion we may have to cancel the workshop, due to changes in Covid-19 regulations, unforeseen circumstances or if there are not enough participants. We will send out the cancellation notice at least 30 days before the start date of the event and will fully refund your tuition fee. Please note that rapid changes in Covid-19 regulations may mean we cannot give you 30 days notice.

Contacting Us

Catherine: 07909 516578, 01424 815128
catherine@qigongteachertraining.co.uk
or catherineburnett12@gmail.com

Annie: 07722 868397, 01424 756326
hastings@shiatsucollege.co.uk

We look forward to seeing you in November

Very best wishes,
Catherine Burnett & Annie Cryar
www.qigongteachertraining.co.uk
taichi18.com
shiatsucollege.co.uk

