

natural  elements

ZEN MEDITATION & TAI-CHI

Retreat
2015



Mon 27th July - Saturday 1st August 2015

WOLDINGHAM, SURREY

A wonderful opportunity to develop your skills with up to 8 hours a day of Chen Style Tai Chi, Zen Meditation and Mindfulness training in a calm and beautiful setting. Eat, sleep and breathe a traditional way of life as you immerse yourself in this unique experience!

- High Spec Facilities
- Comfortable Accommodation
- Swimming Pool
- Tai Chi & Qi Gong
- Zen Meditation & Yoga
- Chan Tea Ceremony

...all nestled within 700 acres of stunning peaceful countryside.



Tai Chi & Qi Gong training with 12th Generation Chen Style Tai Chi Disciple Paul Lockyer - Ying Yong, plus very special guest 11th Generation Chen Style Tai Chi Lineage Holder...

GRAND MASTER GOU KONGJIE

PLUS: Zen Meditation
& Mindfulness Teacher

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All training sessions, accommodation and food included

For info contact Paul 0800 7566422 / enquiries@naturalelementsgroup.co.uk
Cost: £489. Ages 12yrs+. Young people from 13-15 yrs can attend alone with parents permission.

NB: Please be prepared that some accommodation will be shared as will most bathroom facilities.