



TAI-CHI TCHO - La Chaux-de-Fonds - SATURDAY – November 2 – 2019

Time	Big Hall	Balcony	Small Circle	Studio	Vô-Vietnam	Gym Numa-Droz A	Gym Numa-Droz B	
7.00 - 8.00				Morning exercises <i>Maria Nedelcheva</i>				
7.00 - 8.00	Morning exercises QIGONG in the park behind the train station <i>Judith Van Drooge</i>							
8.00 - 8.30	Reception and information in the Big Hall							
8.45 10.15	Wave Taijiquan <i>Georges Saby</i>	Still Qigong Prenatal reality in the here and now <i>Raquel Jesus</i>	Working on body structure standing still <i>Almut Schmitz</i>	Taiji Qigong Shibashi <i>Helmut Oberlack</i>	Qigong PRE Psoas release exercises <i>Tjeerd Verbeek</i>	Applications spear-sabre <i>Isabelle Boitière</i>	Yield and wait <i>Nils Klug</i>	Eyebrow staff Partner play <i>Scott Chaplowe</i>
10.30 12.00	Centers : how to feel and move them <i>Mauro Bertoli</i>	Effortless push <i>Epi Van de Pol</i>	Daoyin Yangsheng Gong <i>Bob Lowey</i>	Qigong for women <i>Tamara Graf</i>	Essentiel movements common to all styles <i>Nicole Henriot</i>	Tui-Shou Leverage Applications <i>Patrick Jeannotat</i>	Bagua chansigong <i>Luigi Zanini</i>	Qigong 4 elements <i>Jean-Luc Perot</i>
12.15	Lunch in the Big Hall							
14.15 16.00	Daoyin Yangsheng Gong <i>Bob Lowey</i>	Reeling Silk <i>Kate Wallis</i>	Sitting Brocards Wandering over the Earth on a dragon Contemplating sun and moon <i>Roberta Polizzi</i>		Lombaries injuries ? How to remedy ? <i>Claudy Jeanmougin</i>	Essentiel movements common to all styles <i>Nicole Henriot</i>	Three phases of The inner circle <i>Mauro Bertoli</i>	Basic Yang taiji sword techniques <i>Maria Nedelcheva</i>
16.15 17.45	Mobilizing the flow of force through the body, vertical silk reeling <i>Almut Schmitz</i>	Qigong And tui-shou centering <i>Georges Saby</i>	Self coaching and Tai-Chi <i>Judith Van Drooge</i>		Dynamic breathing <i>Jean-Luc Perot</i>	Bafa the eight methods <i>Patrick Jeannotat</i>	Taiji Qigong Shibashi <i>Helmut Oberlack</i>	Applications spearsabre <i>Isabelle Boitière</i>
19.00	Aperitif / All-Star- demonstration							
20.30	Dinner party and dance until 1.00 AM							
22.00	« Café CHAN » is open (in the small circle), chill out							

 All levels (+beginners)

 Intermediate

 Advanced

TAI-CHI TCHO - La Chaux-de-Fonds – Sunday – November 3 – 2019

Time	Big Hall	Balcony	Small Circle	Studio	Vô-Vietnam	Gym Numa-Droz A	Gym Numa-Droz B	
7.00 8.00				Morning exercise <i>Maria Nedelcheva</i>				
7-8	Morning exercises in the park behind the train station <i>Luigi Zanini</i>							
8.15	From relaxation to sinking to emptiness	Still Qigong Prénatal reality in the here and now	Qigong 6 healing sounds according to Ma Litang	Self coaching and Tai-Chi	Qigong PRE Psoas release exercises	Expanding (up rooting)	Sword fencing	Eyebrow staff Partner play
10.15	<i>Epi Van de Pol</i>	<i>Raquel Jesus</i>	<i>Luigi Zanini</i>	<i>Judith Van Drooge</i>	<i>Tjeerd Verbeek</i>	<i>Nils Klug</i>	<i>Claudy Jeanmougin</i>	<i>Scott Chaplowe</i>
10.30-12.15	Surprise and public demonstrations							
12.30	Lunch in the big hall							
13.45 15.45	Free Push Hands	Reeling Silk		Qigong for women	Sitting Brocards continued			
		<i>Kate Wallis</i>		<i>Tamara Graf</i>	<i>Roberta Polizzi</i>			
16.30-17.30	Tea and cake, Goodbye in the big hall							



All levels (+beginners)



Intermediate



Advanced