



International Tai-Chi Chuan and Qigong meeting Tai-Chi Tcho Nov 1-3, 2019

La Chaux-de-Fonds - Switzerland

Maison du Peuple - rue de la Serre 68

Friday

18.00
20.00

Reception and dinner
Singing and Tai-Chi

Saturday

7.00-8.00
8.00-8.30
8.45-10.15
10.30-12.00
12.15
14.15-16.00
16.15-17.45
19.00
20.00-01.00

Morning exercises / Qigong
Greetings and information
Workshops Tai-Chi / Qigong
Workshops Tai-Chi / Qigong
Lunch
Workshops Tai-Chi / Qigong
Workshops Tai-Chi / Qigong
Aperitif
Party dinner special "10 years"

Sunday

7.00-8.00
8.15-10.15
10.30-12.15
12.30
13.45-16.30
16.30-17.00

Morning exercises / Qigong
Workshops Tai-Chi / Qigong
Surprise and practice in the Parc
Lunch
Free Tui-Shou / Qigong
Closure, tea and cake

SIFU

Tjeerd Verbeek NL
Tamara Graf DE
Scott Chaplowe USA/UK
Roberta Polizzi IT
Raquel Jesus PT/NL
Nils Klug DE
Mauro Bertoli IT
Maria Nedelcheva BG
Judith Van Drooge NL
Helmut Oberlack DE
Epi Van de Pol NL
Claudy Jeanmougin FR
Bob Lowey UK
Jean-Luc Perot BE
Isabelle Boitière FR
Nicole Henriot CH
Cate Wallis CH
Patrick Jeannotat CH
Petra Orth DE
Luigi Zanini IT
Almut Schmitz DE

Psoas release exercises (TPE)
Qigong for women
Eyebrow Staff with partner
Sitting Brocades
Still Qigong
Push Hands
Three phases of the circles/ Centers
Warmups, breathing/Sword basics
Self coaching and Tai-Chi
Taiji-Qigong (Shibashi)
Effortless Push/Relax, sink,empty
Sword fencing/Back problems
Daoyin Yangsheng Gong
Qigong/Dynamic breathing
Saber and Spear applications
Essential common movements
Reeling Silk
Bafa/Applications Tui-Shou
Singing and Tai-Chi
6 sounds/Bagua Chansigong
Silk Reeling vertical/Body structure

INFO : www.taichichuan-cornelia.com

REGISTRATION

Name :

Address :

e-mail :

Arrive : ☐ Friday ☐ Saturday

I want to camp in the hall ☐ yes ☐ no

I'll pay CHF 200.- before September 30 ☐

I'll pay at the door CHF 250.- ☐

Friday: hot meal on site CHF 10.- yes ☐ no ☐

Registration : Association Tai-Chi Tcho
Cornelia Gruber-Bilgeri
Mont Cornu 13
CH - 2300 La Chaux-de-Fonds

Price : CHF 200.- (200 Euros *) paid before September 30, 2019
or CHF 250.- (250 Euros *) at the door
(* according to current exchange rates)
Friday: hot meal at the place + CHF 10.- (10 Euros*)

Includes : Singing and Tai-Chi, 6 workshops, 2 lunches, 1 dinner party
30 free sleeping places in the halls (bring your own sleeping bag)
Detailed program on www.taichichuan-cornelia.com

Location : La Chaux-de-Fonds is easily accessed by train (every hour)
from Zürich, Geneva, Basel, or 2 hours drive by car
Hotels of all categories available on www.neuchatel-tourisme.ch

Bank transfer : Banque Raiffeisen :

Association Tai-Chi Tcho
Mt.Cornu 12, 2300 La Chaux-de-Fonds
IBAN : CH52 8080 8009 9126 0522 3
SWIFT : RAIFCH 22XXX

CCP 23-3107-0 Banque Raiffeisen La Chaux-de-Fonds
or checks made to Association Tai-Chi Tcho
or by credit card on the site: www.taichichuan-cornelia.com

Tai-Chi Tcho : "Maison du Peuple", 68, rue de la Serre

