



Welcome to Energy Anatomy & The Eight Strands of the Brocade -Ba Duan Jin taught by Catherine Burnett & Annie Cryar

Venue: Pett Village Hall, Pett Road, Pett, Hastings TN35 4HD. <https://www.pettvillagehall.co.uk/>

Plenty of free parking on-site

Date/Times: Sat Nov 2nd -Sun Nov 3rd 2024 10am-4.30pm both days

Payment & Booking: To secure your place, please transfer the tuition fee of £150 (referencing your **name** and **Nov8S** 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 cross-reference and make sure you are booked on the course – thank you.

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 Tockery), which has a limited lunch menu of savoury food. There is a fully fitted kitchen at the venue with fridge, microwave, oven and hob.

Tea, coffee, herb tea, and biscuits will be provided by us.

Please bring a blanket/cushion/yoga mat etc for meditation/sitting. There are plenty of chairs. We will bring some mats and blankets for those travelling by train/walking to the venue, who are limited in what they can carry. You might want to bring waterproofs and boots for the lovely country walks in Pett. If you're a winter sea swimmer you might like to join us and bring your kit.

Outline of the Workshop:

Ba Duan Jin - The Eight Strands of Brocade is an ancient practice thought to date back to the Song Dynasty. During the weekend you will learn 2 or 3 versions of this Qigong for health from China and Vietnam, and the organ meridians/energy gateways and their functions/associations connected with the forms. To further illustrate how the different forms in Qigong relate to the meridians, organs, elements etc, we will also include some other Qigong practices, such as Qigong to harmonise kidney energy, open the yin channels etc. By the end of the weekend, we hope that you will have a greater understanding of the location/functions of the meridians and how that influences the nature of the forms, as well as having some new forms to teach or practice.

Accommodation (optional): Pett/neighbouring Guestling with its mix of coast and countryside is a great place to visit. Here are some B&B accommodations (not vetted by us, not an exhaustive list):

Guestling Hall Hotel <https://questlinghall.co.uk/>

The French Shed, Church Lane, Guestling

https://www.airbnb.co.uk/rooms/44476658?source_impression_id=p3_1644771634_VXS8d36y1psAt9o4

Shepherds Cottage, Rosemary Lane Pett <https://shepherd-s-cottage-pett.hotelmix.co.uk/>

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 cheaper options on Airbnb such as:

https://www.airbnb.co.uk/rooms/31401078?guests=1&adults=1&s=67&unique_share_id=dde6119f-adc5-4225-98ef-15990254c951

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/>
- 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 workshops

On very rare occasion we may have to cancel the workshop, due to unforeseen circumstances or if there are not enough participants. We will fully refund your tuition fee.

Contacting Us:

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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

