



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. <https://www.pettvillagehall.co.uk/>

Plenty of parking on-site with unlimited access.

Date/Times: Sat 6th March 2027 10am-5.00pm, Sun 7th March 2027 9.30am-4.00pm

Cost: Tuition: £225

or £150 for students repeating this Set One workshop and QTT graduates & undergraduates

Optional Assessment: £75

Payment & Booking: To secure your place, please transfer the tuition fee (and assessment fee if you already know you want to take it), 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.

Tea, coffee, herb tea, water 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. If you're a winter sea swimmer you might like to join us and bring your kit. You might also want to bring waterproofs and boots for the lovely country walks in Pett.

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 4.00pm 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 £75 for your assessment** and certificate, please bring this with you or transfer on the day of your assessment.

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):

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

Guestling Hall Hotel <https://guestlinghall.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

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/>
- 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 of course fully refund your tuition fee.

Contacting Us

Catherine: 07909 516578, 01424 815128

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or catherineburnett12@gmail.com

Annie: 07722 868397, 01424 756326

hastings@shiatsucollege.co.uk

We look forward to seeing you in March

Very best wishes,

Catherine Burnett & Annie Cryar

www.qigongteachertraining.co.uk

taichi18.com

shiatsucollege.co.uk

