



Welcome to The Yi Jin Jing & Xi Sui Jing Qigong workshop with 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 28th -Sun Nov 29th 2026 10am-4.00pm both days

Cost: £175 for tuition, £200 for tuition plus detailed Yi Jin Jing manual & instructional videos

Payment & Booking: To secure your place, please transfer the tuition fee of £175 (or £200 with manual and videos) referencing your **name** and **NovYJJ** 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 spare 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:

You will learn, (or consolidate if you came to his previous workshop), Sifu Wing Cheung's version of the Yi Jin Jing and our lineage of the Xi Sui Jing. Legendarily they are both attributed to Bodhidharma, the Indian prince who brought the Dharma to the Shaolin Temple in the 5-6th Century CE. The tendon changing classic involves a range of stretching, bending and spiralling movements, integrated with the breath, aiming to change and strengthen the tendons and muscles. The Xi Sui Jing integrates movement, breath and visualisation, aiming to cleanse the bone marrow and nervous system. With practice you will re-train the fascia to regain elasticity and resilience, growing a deep internal force that will transform your Qigong practice. We will also focus on how to practice and teach safe stretching through the Yi Jin Jing and specific meridian clearing and regulating stretches, developed by the brilliant and intuitive founder of Zen Shiatsu, Masunaga Shizuto,

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://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

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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catherine@qigongteachertraining.co.uk

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

