

Dear All,

Welcome to Sifu Wing Cheung's Comprehensive Tai Chi Qigong (Instructor) Training Course – Level 1, taught by Catherine Burnett

Venue: Inner Space, Maude Gray Court 34 St Benedict's Street, Norwich, NR2 4PF
Date/Times: Saturday 26th June 2027 10:00 – 17:00 and Sunday 27th June 2027 10:00 – 16:00 (optional assessment 16.00-18.00)
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:

Teach Yoga Naturally, Norwich
Catherine Westwood
Account number: 07840875
Sort code: 60-83-71

Or you can send a cheque made payable to "Catherine Westwood" to:
The Shiatsu Centre, 20a Lower Goat Lane, Norwich, NR2
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: Inner Space is nestled away in the quiet Maude Gray Court just off St Benedicts street, very close to local shops and great cafes in the city. There is a fully fitted kitchen at the venue with a kettle, fridge, and microwave, if you wish to bring a packed lunch. Tea, coffee, herb tea, water and biscuits will be provided by us.

A 15-20 min walk from the train station or 10-15 min walk from the bus station, taxis available from both stations. Parking is not permitted within the courtyard but there's plenty of room to lock your bicycle. Nevertheless, there are several car parks in the city a short walk away or the cheaper option to use the various park and rides around Norwich. Sunday street parking is free but limited and available only in certain areas.

There are plenty of mats, blankets and props at Inner Space, but if you wish to bring your favourite mat please do.

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 about 16:00 on Sunday, and then the assessments will take place, which are 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): Plenty of BnB, Airbnb and hotels in the city.

Air BnB:
https://www.airbnb.co.uk/s/Norwich/homes?refinement_paths%5B%5D=%2Fhomes&date_picker_type=calendar&checkin=2026-07-24&checkout=2026-07-26&adults=2&search_type=search_query

Georgian Town House:
https://www.thegeorgiantownhousenorwich.com/

A Boutique, Luxury Retreat in the Heart of Norwich:
https://www.38stgiles.co.uk/

Hotels/BnB Norwich:
https://www.hotels.uk.com/uk/norfolk/hotels-in-norwich

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

Cat Westwood: 07503258670
catwestwood@outlook.com

Catherine: 07909 516578
catherine@qigongteachertraining.co.uk
or catherineburnett12@gmail.com

We look forward to seeing you in July
Very best wishes,
Cat Westwood & Catherine Burnett
wwwqigongteachertraining.co.uk
taichi18.com
shiatsucollege.co.uk