**Grey Heron Internal Arts; Winter/Spring 2015**

Happy new year everybody - hopefully your plans for 2015 include coming along to classes - if so here is the full list.

**T'AI CHI CHUAN**

**Monday Evening**

**Parkside Community College 7-8.30** With Mike; starts 12/1/15. To book phone 01223 707169. (£64/51 for 10 weeks)

**St Ivo School St. Ives** 7– 8.30. With Fara. 12/1/15. To book phone 01480 495717 (£70/£56/9 weeks)

**Comberton Village College**: 7.15 - 8.45. With Cathy; starts 12/1/15. To book ring 01223 264721 (£59 for 10 weeks)

**Thursday Evening**

**Linton Village College** 7-8.30. With Cathy, starts 15/1/15. To book phone 01223 891233. (£70/10 weeks)

**T’AI CHI & CHI KUNG EXERCISES**

**Monday Evening**

**Parkside Community College** 6-7. With Mike; starts 12/1/15. (£47/34 for 10 weeks) To book phone 01223 707169. (£46/33 for 10 weeks)

**St Ivo School St. Ives**: 7- 8. With Fara; starts 12/1/15.To book ring 01480 495717 (£50/£40/9 weeks)

**Tuesday Lunchtime**

**Salvation Army Centre** 104 Mill Rd Cambridge 12.15-1. £2/class. Ongoing. No class 23/12/14/or 30/12/14.

**Tuesday Afternoon**

**Abbeyfield Girton Green,** CB3 0GQ. 3.30-4.30. £5/class a session. With Cathy. No class 23/12/14 or 3012/14

**Wednesday Morning**

**Burwell Sports Centre** 10-11. With Fara. £3/class. Ongoing (inc tea/coffee). No class 24/12/14 or 31/12/14. Part of the ‘Mature & Active’ sessions for East Cambridgeshire district council.

**Wednesday Afternoon**

**Soham, Peers Ross Leisure Centre,** CB7 5HP 2-3p.m. With Fara. £3/class. (inc tea/coffee). Last class 10/12/2014 restarts 7/1/2015. Part of the ‘Mature & Active’ sessions for East Cambridgeshire district council.

**Thursday Mornings**

**West Wratting Village Hall** 9.30-10.30. £30/5 weeks or £7 individual classes. Book with Mike. Starting 15/1/15

**Ely, Paradise Centre,** 10.15-11 am. £3/class. With Fara.(inc tea/coffee) Ongoing. No class 25/12/14 or 1/1/15. Part of the ‘Mature & Active’ sessions for East Cambridgeshire district council.

**Thursday Afternoon**

**East Barnwell Community Centre** Newmarket Rd, Cambridge, CB5 8RS. £3.50 members/£5 non members. Ongoing; no class 25/12/14 or 1/1/15.

Please contact us before attending to check there is space. Part of Cambridge City Council’s ‘Forever Active’ programme for older people.

**INTEGRATED T’AI CHI & CHI KUNG**

**Monday Morning**

**Trinity Hall, Burwell** 10.20-11.20. Starts 12/1/15. Call Mike to book. £50/£40 10 weeks.

**Thursday Morning**

**Lichfield Rd. Hall, Cambridge** (just off Cherry Hinton Rd.) 11.30-12.30. £3.50 members/£5 non members. Ongoing; no class 25/12/14 or 1/1/15. Please contact us before attending to check there is space.

Part of Cambridge City Council’s ‘Forever Active’ programme for older people.

**Friday Afternoon**

**Church of the Good Shepherd,** Mansell Way. 2-3. £3.50 members/£5 non members. Ongoing. No class 26/12/14 or 2/1/15. Please contact us before attending to check there is space.

Part of Cambridge City Council’s ‘Forever Active’ programme for older people

**UNIVERSITY OF THE THIRD AGE**

**Wednesday Mornings.**

**Kelsey Kerridge Sports Hall**

**T’ai Chi & Chi Kung Exercises** 11.50-2.50; **Beginners Part 1** 9.30-10.30; **Intermediate** 10.40-11.40 Contact U3A to book; 01223 321587; [admin@u3acambridge.freeserve.co.uk](mailto:admin@u3acambridge.freeserve.co.uk). Classes resume 14/1/15

**INTERMEDIATE T’AI CHI CHUAN CLASSES**

For people who wish to work with the whole of whichever form or style they have trained in. Content includes push hands and martial aspects, Chi Kung and whatever else takes our fancy, in a friendly atmosphere where we can learn together. You will need some knowledge of the relevant form

**Salvation Army Centre, 104 Mill Rd. Cambridge CB1 2BD**. Ongoing but please check for seasonal cancellations

**Wednesday**

6-7.30 24 STEP £4/3 class

7.30-9.30. CHEN STYLE Fees: Monthly; £5/3 per class payable at the beginning of the month. Single class; £6/4 per class

No class 24/12/14 or 31/12/14

**Please check for cancellations for all classes**

**DAY WORKSHOPS**

Stand alone courses for beginners or more experienced

**Music Mindfullness and Movement** 17/1/2015 St Ives Methodist Church, The Waits St Ives PE275BY with Peter and Fara phone 07879637607 or 07919857617 to book. £15/10

**T'ai Chi & Massage**; 7/2/15. Parkside Community College with Mike; £32 per day. To book phone 01223 707169

**Stay In Touch & Online Resources**

Updated news of classes is available on the website - it is advisable to check that a class is running over the winter months if you have not attended for a while.

You can also receive news by e mail - contact Mike and ask to be put on the list.

News and the chance to engage with your teachers and other GHIA students is available through the Google discussion group - contact Mike or go to [greyheron@goglegroups.com](mailto:greyheron@goglegroups.com)

Finally there are are various notes and background documents available online. Access these through:

[www.cambridgetaichi.co.uk](http://www.cambridgetaichi.co.uk)

**T Shirts**

GHIA t shirts are available from your tutor. They are black with green or pink printing. These shirts are ethically sourced and printed locally. Sizes S-XL, £12 each.

**Private Tuition**

Available from Mike if you wish to work on certain aspects of your practise. Fee £35/hour.Please contact Mike

**Tu’i Na; Chinese Massage and Acupressure**

Tu’i Na is a traditional Chinese technique making use of the same theory and practise as acupuncture and other tools of Traditional Chinese Medicine.

Sessions are conducted in your own home. Costs are on a sliding scale of £35-£45, with a £5 discount for regular students from ‘Grey Heron’ classes listed on this timetable.

**Cathy Hall** [Cathy@grey-heron.com](mailto:Cathy@grey-heron.com)

**Faradena Afifi** 01223 566122; [Fara@grey-heron.com](mailto:Fara@grey-heron.com)

**Mike Tabrett,** 01223 503390; [Mike@grey-heron.com](mailto:Mike@grey-heron.com) 6 Swanns Terrace, Cambridge CB1 3LX

**Website;** [www.grey-heron.com](http://www.grey-heron.com)

To receive updates by e mail please e mail Mike.