

Seminar Schedule 2010

(Keep this section for your own record)

Friday 18th June

Healing Sounds Qigong 3 hours
 Standing Qigong 1½ hours

Saturday 19th June

Silk Reeling 3 hours
 19 Step 3 hours

Sunday 20th June

Laojia Form 3 hours
 Push Hands 3 hours

Monday 21st June

Laojia Form 3 hours
 Laojia Form 3 hours

TOTAL HOURS

Accommodation & Catering

Accommodation can be found in either local B&Bs or by taking a bed/room in a Self Catering Holiday Cottage. B&B prices start from €35 per person per night. Self Catering Cottages will be requested for either 3 or 4 nights depending on participants & will be costed accordingly. (I will forward details on request)

N.B. Accommodation is best arranged in advance & can be arranged by emailing requirements direct to chenireland@yahoo.co.uk to check availability & prices (through me) & pre booked on payment.

Catering: There will be a limited menu available for those who prebook & pay in advance for lunch & supper. Details of menu & costs will be forwarded to participants who book into the seminars. This arrangement will keep costs down & facilitate a more social event. Food will be served on sight in a dining room adjoining the training space. If people prefer to go off site then there is a choice of two places within walking distance.

How to Register for These Seminars

- 1) Complete the Registration Form
 - Enter your contact details
 - Tick all boxes to indicate which seminars you will attend (& if accommodation is required on any nights)
- 2) Return this slip with either FULL PAYMENT (to avail of the special rate of €40 per seminar – excluding the Standing Seminar) OR Send a deposit to secure your place
- 3) Please enclose the completed registration form with payment to: **"Chen Xiao Wang Association"** and forward to the facilitator as shown below.

Each 3 hour seminar is €50.00
 or €40 if paid in full before 1st June 2010

Hours	Early Payment	Late Payment
3	€40	€50
6	€80	€100
9	€120	€150
12	€160	€200
15	€200	€250
18	€240	€300
21	€280	€350

The 1½ hour Standing Seminar will cost €25 and have a limited number

Facilitator

Gill Keogh, W.C.T.A.I. (Ireland)
 The Corner House, Laheen Drive,
 Rosstown, Co. Donegal, Ireland
 Tel/Fax: 071-9852374 • www.chenireland.com

Registration Form 2010

(to be returned)

Name

Address

Tel:

E-mail

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 Standing Qigong 1½ hours
 I will need accommodation this night

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TOTAL HOURS

AMOUNT DUE

Payment

Balance due

I enclose total payment of €
 made payable to: Chen Xiao Wang Association.