

# EWTA training opportunities in the Northeast and Spain- 2024

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Ryhope Community Centre, Ryhope SR2 0RX. Las Chimineas, Alpujorra Mountains

**30<sup>th</sup> March 2024** 1- 4pm T'ai Chi East Com. Ctr. Redcar TS10 3SB

**20<sup>th</sup> April 2024** Visiting Instructor: Mark Kirby,

12 - 4:00pm T'ai Chi £35 / advanced 4-5pm £10

Optional 4 - 5:00pm - Feng Shou £10

1<sup>st</sup> June to the 8<sup>th</sup> of June  
T'ai Chi Retreat in the Spanish Mountains

search for: T'ai Chi with Susan Bird  
-a place to retreat, relax and restore-

**22<sup>nd</sup> June 2024** 12-4pm T'ai Chi

**20<sup>th</sup> July 2024** 12-4pm T'ai Chi

**19<sup>th</sup> October 2024** 12-4pm T'ai Chi

**23<sup>rd</sup> November 2024** Visiting Instructor: Chris Heckzo

12-5pm T'ai Chi £45

**December 14th 2024** 12pm-4pm Meditation, K'ai Men, Tao Yin, Silk  
Away from the Christmas hype, centre yourself in the Tao to discover an  
oasis of peace within the richness of nothing.

For further information please email: [bridgessusan@hotmail.co.uk](mailto:bridgessusan@hotmail.co.uk).

For the monthly courses held by Howard Gibbon and the wonderful  
Bubwith Summer Course please visit: [ewta.co.uk](http://ewta.co.uk)