

There are lots of great things happening in the next few months.

The 1 Day Dojo Concept Self Mastery Seminar on the 18th October. There is a special offer on this where you get book 5 and get the 5th one FREE.

Kenny Johnson, head of the Liang Yi School of Tai Chi & Qi Gong is coming to Bury St Edmunds on 5th September for a 1 day workshop followed by a 2 day tai chi seminar. This will be absolutely jammed with information that you probably have not heard before regardless of how long you have studied tai chi.

John Gent, founder member of the British wheel of Yoga will be coming to Bury St Edmunds to hold a 2 day Seminar in October. This is for complete beginners to highly advanced. John is a very highly respected teacher of teachers and this will be a marvelous opportunity for anyone interested in yoga.

Further afield in October is the Mallorca Retreat. Staying at the Puig De Maria and taking time to relax whilst learning tai chi and qi gong.

More information on these can be found on the retreats page and the events and seminars page.

Regards

Andy Rees – lead trainer Absolute Lifestyle Solutions