



# Shire Hill Lian Gong Shi Ba Fa Association

The Complete Therapeutic and Health Care System

## 练功十八法



Training takes place in Glossop, Derbyshire, the home of Lian Gong Shi Ba Fa in the UK.

Full itinerary/travel information etc. confirmed after booking.

Over-night accommodation can be arranged on request (B&B £30-£35 per night).

### Aims:

To introduce the principles and practice of Lian Gong Shi Ba Fa and to establish a firm foundation for further personal study or progression towards a coaching certificate.

### Dates & Times:

Saturday 19th September 2009: 10:00 a.m. – 4.00 p.m.  
Sunday 20th September 2009: 10.00 a.m. – 4.00 p.m.

### Course Content:

**Day One:** In-depth study, practice and performance of Qian Shi Ba Fa (The 1<sup>st</sup> 18 Exercises) for dealing with stress sprains and strains.

**Day Two:** In-depth study, practice and performance of Hou Shi Ba Fa (The 2<sup>nd</sup> 18 exercises) for major joints, tendons, connective tissue and internal organs.

The content is flexible depending upon the needs and wishes of the delegates and may include study of Xu Shi Ba Fa (The 3<sup>rd</sup> 18 Exercises) to treat disorders of the lungs and heart.

### Cost :

£40.00 per day if attending both days, otherwise £50.00 for one day. Lunch is not provided.

Numbers are limited, so booking in advance is recommended.

### Other Info:

This year Shire Hill will become an official Affiliate of the Shanghai Committee and will be able to offer recognised affiliate membership to suitably trained individuals wishing to teach the exercises in the U.K..



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### Visit:

Liangong.org  
&  
Yongnian-taiji.co.uk

For further Info on the  
exercise routines.



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### Booking Form

Name:

Address:

Tel:

E-Mail

Overnight Accommodation Required:  
(Specify Dates):

I would like to reserve a place / places on the following courses:

	Number of Places
Qian Shi Ba Fa Saturday 19th September 2009	
Hou Shi Ba Fa / Xu Shi Ba Fa Sunday 20th September 2009	

### Cost

£40.00 per day if attending both days of weekend course, otherwise £50.00 for one day. Bed & Breakfast costs approximately £30-35 per night.

£20.00 non-refundable deposit per person for each weekend to be sent with booking form.

Please make cheques payable to "Shire Hill Lian Gong Shi Ba Fa Association" and send to: c/o 99 Queens Drive, Glossop, Derbyshire, SK13 8RE.

Remainder of monies to be paid on registration.

Full itinerary / further info will be sent with booking confirmation.

If you have not previously attended a Shire Hill course, please provide a brief note of your experience of Chinese exercise systems or other therapeutic exercise routines: