

DDA's Rose Oliver 2018 UK Summer Taiji Tour

Written by Rose

Monday, 10 September 2018 18:34 - Last Updated Monday, 03 December 2018 21:29



DDA's 2018 UK summer Taiji tour just wrapped after workshops in Dursley, Gloucestershire for the Cotswold Tai Chi Association, and London for the Honor Oak Taiji Group. The Dursley workshop was well attended with around 15 participants, including old DDA friends like Sally Webb, who was a student of Rose's and her late husband Rey's in the UK many years ago. Seminar topics covered included 'Joint Mobility' exercises; 'Dantian' training and '5 Animal Play', with a little push hands training for good measure!

Thanks to Mark Collins for organizing another great workshop for DDA, and for he and his family's kind hospitality once again.

DDA's second workshop was in London's Brockley Grove, and held in Honor Oak Park. The outdoor workshop attended by around 11 participants was great fun and the attendees worked hard to complete the full '5 Animal Play Qigong' set in the all-day session. It was great to see so many old friends and meet new, enthusiastic students too.

Thanks again to Danny Fajardo, Pete Polanyk (from Honor Oak Group) and Alan McLean, among others for their continued enthusiastic and warm support!

With a little extra time for sightseeing in Robin Hood's Bay in Yorkshire, Betty's Café in Harrogate, family and friends in Plymouth, and excursions to St Ives in Cornwall and the historic cities of Bath and Windsor, the whole UK trip was a wonderful time of fun, family, Taiji, beautiful summer weather and scenery. DDA are looking forward to seeing everyone for next year's UK events, with hopefully an additional Devon/Cornwall workshop in 2019 too!

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