



Tai Chi Workshop

lead by **Doug Overholt** and **Susan Carson**

Date: 7th (SAT) & 8th (SUN) September, 2024

Time: 10:00 - 16:00 (Registration 09:30)

Venue: New Rickstones Academy, Conrad Rd, Witham, Essex, England. CM8 2SD

Cost: **£20** - for 1 day, **£30** - for 2 days. * Lunch & refreshment included *

Closing date for registration: **31st July 2024**

(Please circle the applicable)

I would like to attend	1Day Sat Only	1 DAY Sun Only	2 Days Sat & Sun
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My Dietary requirements	Gluten Free	Vegetarian	Vegan
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BACS	Bank Transfer:- Account Name: The Essex TaiChi Academy , Sort Code: 30-99-50, Account No.: 25262260. Please send form to Barrie Senior, 48, Mariners Ways, Maldon, Essex, CM9 6YW.
Cheque	Payable to " Essex Tai Chi Academy " Send Cheque together with completed form to Barrie Senior, 48, Mariners Ways, Maldon, Essex, CM9 6YW.

First Name		Surname	
Mobile No.			
Email:			
Emergency Contact Name & Tel No.			
Name of Home Class / Academy			

We have arranged to meet for an evening meal on both evenings (not subsidised)

7th Sep (SAT): Lian's Restaurant, 5, Newland St, Witham, CM8 2AF	Yes, I will attend	No thanks
8th Sep (SUN): Salt Bar Pizza Grill, 102b High St., Maldon, CM9 5ET	Yes, I will attend	No thanks

**** A List of local hostelries is available on request ****

I accept responsibility for my own Tai Chi and have / have not checked with my doctor that this exercise is suitable for my state of health

Name (please print).....

Signed.....