



Jeanne Hampshire
 Chi for Life
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CONTACT DETAILS

Name/Position	
School	
Address	
Town/City	
County	
Post code	
Telephone	
Email	

Feedback and experience indicates that projects with weekly sessions over at least one term promote lasting benefits by enabling groups to firmly establish a regular practise programme and fine-tune precise movements for optimum effectiveness.

PROJECT REQUIREMENTS - please tick and check availability of days and dates

Do you require a term long project? Yes () No ()

Do you require a 6 week project? Yes () No ()

Do you require a day session? Yes () No ()

When do you want the project to start? Autumn () Spring () Summer ()

Do you have a specific start date? Yes () date () No ()

Which day of the week? Mon () Tues () Wed () Thurs () Fri ()

Please specify age groups and whether mixed age groups:

Children with Special Needs? Yes () No ()

Day includes After School sessions. Staff? Yes () No () Parents? Yes () No ()

For projects of 10 weeks and over:

Creative Arts included with Tai-chi? Yes () No ()

Circle Time activities included with Tai-chi? Yes () No ()

A special celebration event to mark end of project? Yes () No ()

Costs: £180 per day plus travel expenses from North Cornwall

Reduced daily rate of £160 for projects over 12 days

Continue overleaf if necessary and send details to Jeanne Hampshire 'Chi for Life'