

Life Balancing Weekends

(This programme can be developed and extended for a 5 day break)

A holistic approach and programme of exercise and relaxation, motivation for mind and body to help you enjoy life and to be the best that you can be.

Tai Chi and Qi Gong are suitable for all ages, and all levels of fitness, all abilities.

Come to Ridge Hall – the Ridge is a magical location within the North Yorkshire Moors National park – with panoramic views of the coast and hills around Staithes.

Join a small group of likeminded people (maximum participants – 8) to experience activities aimed at guiding the individual towards a more constructive physical and mental approach to life and the world. Put together a group of your own, friends and family.

Activities can be varied, subject to group and individual needs – but typically could be.....

Friday –	4.00-6.00	arrival. meet / greet
	6.00-7.00pm ish	(weather dependant) an evening stroll which may take in the local pub, could involve picking hedgerow fruits....
	8.00pm	Supper, a light meal in the cottages, discuss the forthcoming weekend events
Saturday -	8.00-9.15am	Qi Gong
	9.15-10.00am	breakfast, in the cottages
	10.00-12.00noon	Qi Gong and Tai Chi
	12.00-1.00pm	Body balancing – key exercises for specific difficulties such as arthritis, depression
	1.00-2.00pm	lunch, in the cottages
	2.00-4.00pm ish	a countryside walk
	4.00pm ish-5.00pm	tea break
	5.00-6.00pm	kettlebell / yoga / gym training, to suit

	6.00pm	free time, or help to make dinner in Ridge Hall's lovely kitchen, with Mrs A. (our 4 oven aga)
	8.00pm	Dinner at Ridge Hall
Sunday	8.00-9.30am	Qi Gong
	9.30-10.00am ish	breakfast in the cottages
	10.30-12.00noon	Tai Chi
	12.00-1.00pm	cross country jog / run / power walk as appropriate
	1.00-2.00pm	lunch in the cottages
	2.00-3.00pm	discussions, body balancing exercises
	3.00-6.00pm	dependant on the group, weather, thoughts..... the afternoon could be <ul style="list-style-type: none"> • Harder physical exercise – circuits / kettlebells • Gentle physical exercise – yoga / tai chi • Motivational movement – qui gong, balancing / stretches, etc • Fun skills! Jam / chutney making Baking / pastry making
	6.00-7.00pm	packing and farewells

Accommodation will be in the beautiful converted barns at Ridge Hall – Oak & Willow. All rooms are en suite and breakfast boxes / a simple lunch of homemade soup, cheese, bread will be provided in the cottages. Please advise at the time of booking of any dietary requirements / allergies. Full details of the cottages can be found on the web site. There will be a light ploughman's supper on Friday night and a more "formal" dinner at Ridge Hall on Saturday night – the latter includes ½ bottle of wine per person.

Cost will depend on the number of participants, but will be from £150pp and the cost of the cottage accommodation and based on 2 people sharing. Which varies depending on the time of year / availability (see prices and booking).

A single lesson, for one hour will be £15pp

Tai Chi at Ridge Hall - Life Balancing

Hello, I'm Nichola Bamford – though I prefer to be called Nicky – Nichola is my “Sunday name” – used if I'm in trouble by my Dad!!

I'll be your teacher, mentor and friend for a lesson, a weekend, a week (and hopefully for much longer). I was born in 1961 and am happily married to David, and we have 5 children. I have a rich tapestry of experience and knowledge to share – based on a busy and fulfilling life as wife, mother, Chartered Architect, Business Manager and Fitness Coach.

“In these days” as we so often say, a lot of people take on so many tasks, more roles than they can realistically cope with – tasks have to be “juggled”. Time becomes a precious and rare commodity – especially time to one's self. This can lead to feelings of despair and self doubt – and ultimately illness. The human body is an incredible piece of natural engineering – developed and honed over many thousands of years. But it is subject to wear and tear, illness and injury.

Faced with these pressures it is too easy to throw in the towel, or else to feel overcome and to lose your way.

I have faced these situations in my own life – with depression and with rheumatoid arthritis, which I was diagnosed with aged 35. I faced hospitals, doctors, a life time of medication and misery.

It was at that point I decided on an alternative course – it is possible to step back and reassess, to make adjustments to your life patterns and thoughts, your activities and actions – and then to move forward once more, positive and happy.

I do not take any formal medication.

I have adjusted my diet – I eat healthily and happily (I do eat cake)!

I do regular and varied exercise, and study Tai Chi and Qui Qong, for there are such positive benefits to both body and mind here.*

By looking after myself I have become calmer, stronger and look after other better too. I'm full of energy too – on the go all the time!

My illnesses are in remission – and I intend for them to remain there!!!

It is possible to deal with your problems naturally, yourself.

Through adjustment to your lifestyle – exercise, diet, mind calming, time structuring – Life Balancing.

So what I learn, and teach now, is NeiJia TaiJi Quan – The Art of life – as developed by the Shaolin Temple. An ancient method of healing, realising natural medicines into the body. Promoting health, calming the mind with careful movement and conscious meditation refined over thousands of years

*My teacher is a 32nd Generation Shaolin Lay-Monk, with whom it is a privilege to learn these ancient arts. His name is Jason Dean, Shi XingLik. Look him up at Temple Holistic in Meanwood Leeds.