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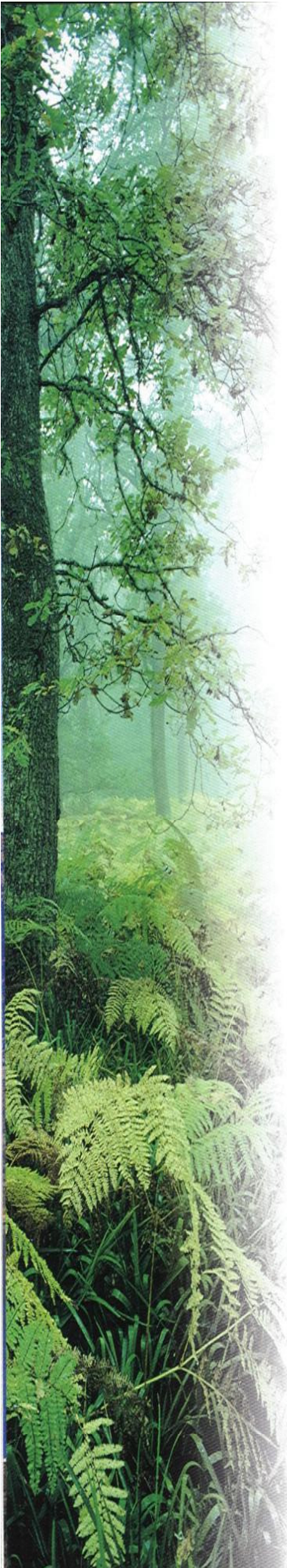
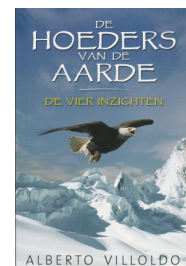
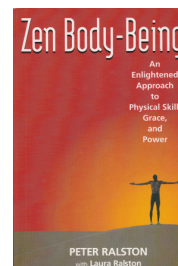
## HERFST-WINTER TRAININGEN 2020

*'100 gram praktijk is meer waard dan 1000 kilo theorie'*

*'Our continuing task is to free the body-being'*

*'Just do it and then you'll get it'*

- |                   |   |
|-------------------|---|
| Di. 1 sept.       | Start 3 T'ai Chi Ch'uan groepen Venray      |
| Di. 1 sept.       | Start 3 T'ai Chi Ch'uan groepen Venlo       |
| Wo. 2 sept.       | Start Helende Tao Chi Kung Venlo; 17.45 uur |
| Wo. 2 sept.       | Vervolg T'ai Chi Begin Venlo; 19.00 uur     |
| Wo. 2 sept.       | Vervolg T'ai Chi TOP groep Venlo; 20.15 uur |
| Do. 3 sept.       | Start 3 T'ai Chi Ch'uan groepen Swalmen     |
|                   |   |
| Vrij 2 okt.       | Magische Avonturen TrekTocht - Klein Volk   |
| Za.-zo 10-11 okt. | Topweekeinde Helende Tao Gevorderden        |
| Ma. 12 okt.       | Jos à la carte avondclinic 't Groenewold    |
| Di. 20 okt.       | Herfst Avonturen TrekTocht- Groot Volk      |
| Ma. 9 nov.        | Hart oefeningen avondclinic 't Groenewold   |
| Za.-zo 14-15 nov. | Basisweekeinde Helende Tao beginners        |
| Ma. 7 dec.        | Buikmassage avondclinic 't Groenewold       |
| Za. 19 dec.       | WinterZonneWendeWake in de natuur           |
| Wo. 30 dec.       | Winter Avonturen Trektocht Bushcraft        |



Standing like a tree, feet in soil, swaying in winds. Silence. Growing strong. (Haiku Sw. J. Ekin)

