



Maggia Valley

Fall 2013



Feldenkrais, Tai Chi & Natur

October 30– November 3 2013
Casa Civetta - Avegno



Program:

Arrival Wednesday October 30th 2013

7.00 pm dinner

Thursday - Saturday:

8.00 am Tai Chi to begin the day

9.00 am breakfast

10.00 – 12.30 Feldenkrais, Awareness Through Movement

1.00 pm lunch

Siesta

Free time for hiking, reading, holiday...

Individual lessons if you wish (extra)

5.30 pm Tai Chi

7.00 pm dinner

Sunday November 3rd

Morning Tai Chi and Feldenkrais to end the program, departure after lunch.

Times can still change according to the needs of the group or our hosts.

