

Learn Tai Chi

Ideal for Beginners and Improvers

- ▶ **Time: Sundays 10.00am - 11.30am**
- ▶ **Cost: £5.25 (Concession £4.00)**
- ▶ **Location: Manor Sport & Recreation Centre**
- ▶ **Contact: 01623 425116**

▶ Learn the ancient art of Tai Chi Chuan in a relaxed and friendly atmosphere. Tai Chi is a Chinese martial art that is suitable for people of all ages and ability. It features slow, rhythmic movements, deep breathing, and concentration to condition the body, clarify the mind and increase life energy.

▶ You will discover the Cheng Man Ching 37 posture solo hand form along with Chi Gung to aid general health. The class is also suitable for those interested in the martial arts aspects of Tai Chi as the practical application of the art will also be demonstrated.

▶ The class is taught by a Master Instructor with 12 years experience in a range of Chinese martial arts and is ideal for both beginners and more experienced practitioners.

▶ With Master Instructor Ken J Mead
Zhong Ding Traditional Martial Arts Association

<http://em.zhong-ding.com/profiles/kjm.htm>.



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