

**Classes and Activities – Information Sheet**

**Tai Chi Chuan – SPR2019**

**Category:**  Adult (18+ years)

**Day:**  Mondays

**Dates:** 14 Jan – 4 Mar (exc 11 & 18 Feb)

(6 weeks Improvers & Beginners)

 11 March – 29 April (exc 1, 8 15 and 22 April)

(4 weeks course Improvers Only)

**Time:** 1.00pm – 2.00pm | Improvers

 2.15pm – 3.15pm | Beginners

**Location:**  Norden Farm Centre for the Arts

**Tutor:**   Patricia Miller

**Class Size:**  20

**Cost of class:** Improvers - £7 per session

Beginners - £42 per 6-week course

**Information about the class:**

Yang Style Tai Chi Chuan and Qi-gong. You will learn the Yang Style Short Form that consists of twenty-four movements and Qi-gong. Both Tai Chi and Qi-gong can: improve your sense of well-being; relax your body and mind; reduce stress; improve your balance; boost your immune system; and strengthen your muscles and bones.

**Are there any other costs? Is there anything I need to bring?**

There are no additional costs involved. Please wear loose comfortable clothing and flat soft shoes.

**Tutor biography:**

Patricia Miller began practicing Tai Chi Chuan twenty years ago and although she has tried other styles, Yang Style is what she is comfortable with. She is a member of the British Council for Chinese Martial Arts which is a Sports Council recognised governing body. Over the years, she has learnt Yang Style Long Form, consisting of one hundred and eight moves, the single fan, the eight immortal flute bang stick, wudang stick, broadsword and pushing hands. She has studied various styles of Qi-gong including eight brocades, dragon and tiger, shibashi and Qi-gong for health. Patricia has also been lucky enough to travel to China where she practiced the short form, broadsword and Qi-gong. The age group she has taught varies from six year olds to 90 year olds, that is the beauty of Tai Chi: every-one can take part and benefit.

**To book please contact: Box Office 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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