

## Classes and Activities – Information Sheet

### Tai Chi Chuan - Improvers – SPR2020

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| <b>Category:</b>      | Adult (18+ years)                                 |
| <b>Day:</b>           | Mondays   |
| <b>Dates:</b>         | 20 Jan – 20 April (exc 3, 10 Feb and 6, 13 April) |
| <b>Time:</b>          | 1pm – 2pm   |
| <b>Location:</b>      | Norden Farm Centre for the Arts                   |
| <b>Tutor:</b>         | Patricia Miller                                   |
| <b>Class Size:</b>    | Up to 20  |
| <b>Cost of class:</b> | £7 per session                                    |

#### **Information about the class:**

Yang Style Tai Chi Chuan and Qi-gong. You will learn the Yang Style Short Form, Long Form 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.

#### **Aims and objectives:**

You will enhance your sense of well-being as your body and mind relaxes and your balance and posture improves.

#### **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 over twenty years ago and although she has tried other styles, Yang Style is what she is comfortable with. She is a member of the Tai Chi Union of Great Britain and 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 and short form with twenty-four 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 ninety-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)** Norden Farm Centre for the Arts Ltd. (No. 5405277) & Norden Farm Centre Trust Ltd. (No. 2713653, Charity Registration No. 1013555) are companies registered in England and Wales. The Registered Office is Altwood Road, Maidenhead, SL6 4PF.