

**Classes and Activities – Information Sheet**

**Tai Chi Chuan**

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

**Dates:** Mon 4 Sept – 18 Dec (exc 23, 30 Oct and 13 Nov)

**Day:**  Mondays

**Time:** 1pm – 2pm | Improvers

 2.15pm – 3.15pm | Beginners

**Location:**  Norden Farm

**Tutor:**   Patricia Miller

**Class Size:**  20

**Cost of class:** £7 per session

**Information about the class:**

Yang Style Tai Chi Chuan and Qi-gong.

You will learn the Yang Style Short Form than consists of twenty-four movements and Qi-gong.

Both Tai Chi & Qigong can: Improve your sense of well-being, relax your body & mind, reduce stress, improve your balance, boost your immune system, strengthen your muscles & 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:**

I began practicing Tai Chi Chuan twenty years ago and although I have tried other styles, Yang Style is what I am comfortable with. I am a member of the British Council for Chinese Martial Arts which is a Sports Council recognised governing body. Over the years, I have 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. I have studied various styles of Qigong including eight brocades, dragon and tiger, shibashi and Qigong for health. I have also been lucky enough to travel to China where I practiced the short form, broadsword & Qigong. The age group I have taught varies from 6 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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