

HAPPY TAI CHI

www.happytaichi.co.uk

Mind | Body Health | For All Ages

The Ancient, Mind Chinese Art of Energy Cultivation for Healthy Body and Spirit

Could Tai Chi offer the same benefits as more vigorous exercise?

Google the above to watch the BBC scientific experiment

Practice TAI CHI to be **active and mobile** at any age

Chen Style Tai Chi

Originally a martial art, Tai Chi has proven to have many health benefits. Tai Chi improves awareness of the body, develops and improves physical performance in all activities whether at work or in sports. Tai Chi cultivates the calmness of mind and aids mental activities. Tai Chi has been shown to relieve stress and to lower blood pressure. An excellent complement to yoga, dance and all sports, Tai Chi improves balance, flexibility, posture, muscle tone, skeleton strength and full body coordination.

Thursday evenings Classes

Cross in Hand Village Hall, Cross-in-Hand Road, Heathfield, East Sussex TN21 0SN
5.00 pm to 5.45 pm School age children
6.00 pm to 7.00 pm Adults
7.00 pm to 8.00 pm Adults

Tuesdays mornings Classes

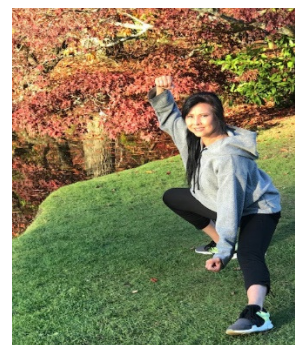
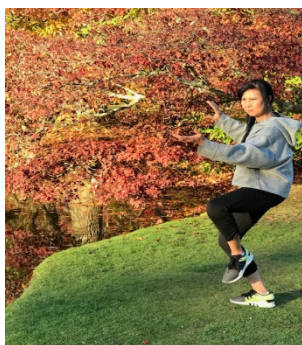
Lucas Memorial Hall, The Street, Waldron, Heathfield, East Sussex TN21 0RB
11.00 am to 12.00 pm Adults

No Class on the third Thursday

Free Talks on Introduction to Tai Chi

Monthly Tai Chi workshops

Please check website for details



Contact: Tara Tuen-Matthews
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CHEN TAI CHI MEDITATED MOVEMENT FOR HEALTH AND WELLNESS

'A journey of a thousand miles starts in front of your feet ...'

Tao Te Ching - Ancient Taoist Classic