



Tai Chi Class

What is Tai Chi?

Tai Chi is an internal martial art that encourages the body to increase energy, improve health and vitality. Proven to reduce stress and aid relaxation.

Where and when?

Intermediate to Advanced class (Active all ages)

Where: Brenchley Memorial Hall Wednesday evenings

Time: 7:00 – 8:30 (8:00 – 8:30 Weapons advanced students)

Cost: Block of 10 lessons £90 (per lesson £13)

Who can learn?

Anyone can enjoy Tai Chi, it is practiced by all ages. Tai chi has worldwide popularity because you can train on your own or in a class, indoors or outdoors, with minimal room, and doesn't require special clothing or equipment. Personal fitness programs can also be provided for the student with specific goals for health or other sports.

About the Instructor:

Alan Austin, the style I teach is Wudang Tai Chi. I am a level 7 instructor, and a registered advanced instructor with the Tai Chi Union of GB. I have been teaching Tai Chi for 16 years.

Contact details:

If you would like to know more about learning Tai Chi, please feel free to contact me.

Mobile: 07866 610377

Email: aaustin0567@gmail.com