

Calm Relaxed T'ai Chi Movement

Calming the Mind - Improving Balance

with Ian Deavin, a certified instructor of the Chinese Internal Arts Association and a member of the T'ai Chi Union of Great Britain

Sunday, 24 February 9.30 for 10.00-13.00



This is a lightly crafted workshop for the over 50s – finding space and quietness to explore balance through inner stillness. Practicing the relaxed movements of T'ai Chi over a gently paced three hours gives us the opportunity to take time to observe the sensations in our body – and notice how they affect how we move - while providing load bearing exercise to strengthen our body structure.

Cost: £35 includes refreshments **Code:** WTC1

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