

“T'ai Chi – the Magic of Movement”

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 13 October 9.30 for 10.00-13.00



T'ai Chi practitioners often describe the feeling of moving their bodies as magical, and the experience of long term T'ai Chi practice can certainly be described as developmental. Ian's workshop will introduce beginners to the simple ideas underlying this popular but little understood art. Longer term practitioners can expect to be helped on their path and perhaps achieve further insights on their own developmental journey.

Cost per workshop: £35 includes refreshments

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA
Tel: 01462 678804 www.leitchworthcentre.org