



Chen Tai Chi at

**Clevedon Community Association, Sunhill Park,
Princes Road, Clevedon**

Monday Evening 7 to 8 pm and 8 to 9 pm

**North Weston Village Hall, Clevedon Road,
North Weston, Portishead..**

Every Wednesday Evening - 7 to 8 pm

Chen Style Tai Chi is a simple and beneficial fitness regime has been practised for hundreds of years. It is a familiar sight in the parks across China as people practise this ancient art early in the morning.

Tai Chi exercises consist of slow, continuous and flowing movements in a calm manner with unhurried breathing. Tai Chi trains the mind and body together to achieve a relaxed and effortless power. Practicing the exercises can improve mental and physical balance and reduce stress. It can also increase spatial awareness, coordination, energy levels and health. For these reasons and many more, Tai Chi is now practised in every corner of the world.

All Tai Chi exercises are performed standing. Gentle, slow, soft and contemplative, they are suitable for all ages and abilities.

To find out more please contact the instructor Tom on tel. 07460 810478. Tom has been practising Tai Chi for over 20 years and regularly visits China to meet his teachers there. He is also a member of the Chinese Internal Arts Association based in Reading and the Beijing Chen Zhaokui Taichi Association in China .





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***North Weston Village Hall,
Portishead.***

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Beginners Class - 7 to 8 pm

Experienced Class - 8 to 9 pm

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