

# 太极拳 Tai chi club

Starting on Sunday 25<sup>th</sup> April 2010 at Chinese Centre Cheltenham with an experienced Chinese Taichi master.

太极拳 4 月 25 日在华人中心开课, 华人导师, 欢迎参加

The tai chi form we will be doing is known as the international simplified Yang form (otherwise known as the 24) as well as some simple qi gong exercises for health and wellbeing.

Please wear comfortable clothing to take part in the tai chi training such as baggy trousers and top with soft flat shoes such as gym shoes or similar.

The Oasis Centre is a large building located near to Gloucestershire College, off Princess Elizabeth Way (near to The Chinese Centre) and easily seen from the road. There is ample free parking at the Centre.

If travelling by bus you can take the route A bus service until the GLOSCOL stop. We look forward to seeing you there.



免费试课  
FreeTaster

The Chinese Centre, Hesters Way Community Resource Centre, Cassin Drive, Cheltenham, GL51 7SU.

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