

Taoist Tai Chi™ arts



moving meditation

for body, mind and spirit



Come
and try...



Beginner Taoist Tai Chi™ Classes: Free open house sessions

Ardley (M40/J10) – Village Hall

Playing Fields, Ardley Road OX27 7PA
Monday 26th June 2017 • 10:00am – Noon

Middleton Cheney – Village Hall

The Green OX17 2LT
Tuesday 27th June 2017 • 8.00pm – 9:30pm

King's Sutton – Millennium Hall

Astrop Rd OX17 3PG
Thursday 29th June 2017 • 7.15pm – 9:15pm

Beginner courses start the following week:

Local Contact: 01295 710213

Taoist Tai Chi™ arts are specifically designed to improve health

The movements exercise the whole physiology; including the tendons, joints, connective tissue and internal organs.

At the mental and spiritual level, they are a method of 'taming the heart' and developing an attitude of calm, compassion and reduced self-centredness both during practice and in daily life.

Taoist Tai Chi™ arts are accessible and beneficial to everyone, regardless of their physical condition.



 Taoist Tai Chi - UK  [YouTube.com/user/ITCS](https://www.youtube.com/user/ITCS)

A charity registered in England and Wales (1053425) and in Scotland (SC039513)

taoist.org/uk