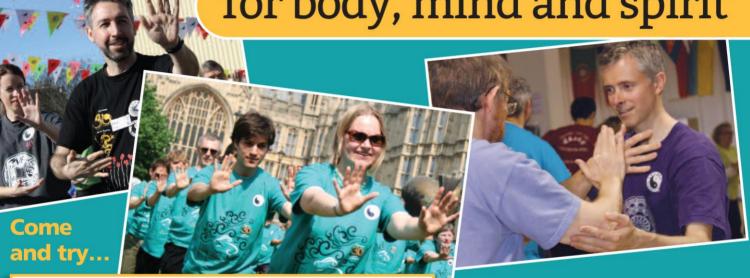
# **Taoist Tai Chi**™arts

# moving meditation





Beginner Taoist Tai Chi <sup>™</sup> Classes: Free open house sessions

## **Brackley** – Methodist Church

High Street NN13 7ZX Tuesday 31<sup>st</sup> October 2017 • 5.30pm – 7.00pm

### Middleton Cheney - Village Hall

The Green OX17 2LT Tuesday 31<sup>st</sup> October 2017 • 8.00pm – 9.30pm

#### Banbury - BGN School

Entrance via Springfield Ave OX16 9DG Wednesday 25<sup>th</sup> October 2017 • 7.30pm – 9.30pm

#### 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

