

Taoist Tai Chi™ arts



# moving meditation

for body, mind and spirit



Come  
and try...



## Beginner Taoist Tai Chi™ 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  [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](https://taoist.org/uk)