



# Tai Chi

A traditional Chinese exercise practised in slow motion for relaxation, vitality, health and grace

## FREE INTRODUCTIONS

**Tuesday 25 January 2022 6.30-7.30 pm**  
**St Anne's Community Hall**  
**55 Dean Street W1D 6AF**

**Wednesday 26 January 2022 6.00-7.00 pm**  
**Age Exchange, Old Bakehouse Theatre**  
**11 Blackheath Village**  
**Blackheath SE3 9LA**

10 week courses follow at St. Anne's & Blackheath  
£155 (Concessions £120)

**[www.londontaichi.org](http://www.londontaichi.org) T: 020 8566 1677**



**The School of T'ai Chi Chuan London**

Registered Charity No.1168505

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