

You are invited to attend the following workshop:

Tai Chi 2 day seminar – **Chen style Laojia form - with Ian Deavin**

Date: Saturday – Sunday, 14th – 15th August 2012

Time: 9.00 am to 4.00 pm

Venue: the Letchworth Centre for Healthy Living.

Cost: £100

The Chen Laojia (Old Style) long form will be covered over these 2 days. This is the core Chen form of 74 postures which is taught in the Letchworth Centre's regular classes - providing experience of the whole form in a focused environment.

Beginners are welcome but some previous Tai Chi experience would be beneficial.

Prior enrolment required. Telephone Reception on 01462 678804.

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