

Tai Chi 2 day seminar - Chen Style Laojia form

- with Ian Deavin

Following the success of previous 2 day Chen Tai Chi Seminars at The Letchworth Centre for Healthy Living, we are delighted to offer another seminar this year on Tuesday 5th and Thursday 7th August, at 10 - 4pm each day

The class is open to existing students, plus anyone with previous experience of Tai Chi



Ian is an experienced practitioner and teacher who has studied Tai Chi in Beijing, Hong Kong, France and the UK.

The program will cover:

- Tai Chi Exercises
- Silk reeling
- Chi Kung standing
- Chen Laojia form (old style 74 postures)
- Possibly push hands if the group wishes and time allows



Ian is BCCMA recognised (British Council for Chinese Martial Arts) and a certified instructor of the Chinese Internal Arts Association (CIAA)

Dates: August 5th and 7th. Time: 10-4pm each day

**Venue: The Letchworth Centre for Healthy Living, Rosehill Hospital,
Hitchin Road, Letchworth, SG6 3NA**

Cost: £100 for two days, £60 for one day. To book call 01462 678804

Please wear suitable loose clothing and flat soled trainers or similar