

Tai Chi Classes in Luton

with Ian Deavin

*Special introductory
class rate:
£4 per session:
11th February 2015 -
13th May 2015*

***Original Chen Style Tai Chi.
Weekly beginners classes from
Wednesday 12th November
2014 at Chaul End Community
Centre, 515 Dunstable Road,
Luton, LU4 8QN***

Chen style Tai Chi Chuan or Taijiquan is valued for health, relaxation, personal development and martial arts. It is believed to be the original codified version of Tai Chi and is considered suitable for all ages. Chen-style focuses on softness with calm relaxed movement, balance, good posture and a quiet mind. Developing awareness

*of inner body
feelings and of
mental/emotional
states is seen as an
important aspect.*

*Other classes are at
Shefford Community Hall
on Sunday evening and
Monday afternoon, also
Letchworth Centre for
Healthy Living on
Thursday evening and
Monday mid-day.*



Ian is an experienced practitioner and teacher who has studied Tai Chi in China and Europe



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

Weekly Luton classes start from Wednesday 12th November 2014. Time: 20.00 - 21.00

Venue: Chaul End Community Centre, 515 Dunstable Road, Luton, LU4 8QN

For details please call Ian Deavin on 01462 621970

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www.taichiluton.org www.sheffordtaichi.org