

T'ai Chi



T'ai Chi is an exercise system derived from Chinese martial arts: it is made up of slow, relaxed movements that can be practised by all ages. Our group is friendly and welcoming, gentle and slow-paced - why not give us a try?

About this Activity

The benefits include improvements in general health, and improved balance. The practice is also calming and relaxing; the class can feel like a haven that leaves one refreshed for the return to the outside world.

What people say:

"It helps with all my medical and physical conditions. Slowly my confidence is returning."

"It keeps the brain working as well as the body"

"It has helped with my arthritis"


Accessibility Information

- The slow and gentle nature of the movements mean that no-one need avoid practise on grounds of fitness; some exercises can usefully be performed while seated. Our approach is - "Do what you can, don't do what you can't."

 Date

Every Friday

**Fri,
3rd Nov
2023**

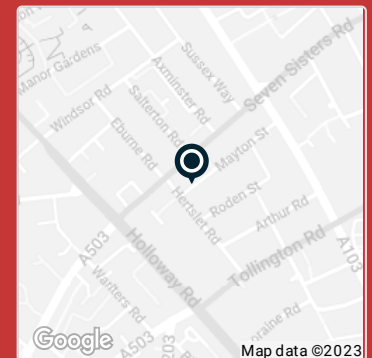
 11:30am - 12:30pm

 Price

Free

 In-Person

**Old Fire Station
Community Centre
84 Mayton Street,
London
N7 6QT**



 Online

Zoom

