



Tai Chi Chuan

The Seagrass Studio,
The Elliot Art Gallery. Braunton

Wednesday 12 Midday
& 5:00- 6:00

A gentle, rhythmic form of total body exercise with well documented benefits to health and well being.

Yang style Tai chi is known for its open postures, good balance and gentle but powerful movement.

No equipment necessary, wear loose comfortable clothing, flat shoes or barefoot.

Contact for further details

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