



# Eight Waves School Of Martial Arts

Traditional and Practical



## Tai Chi Chuan

The North Devon  
Martial Arts Centre. Mill  
Lane. Barnstaple.

Tuesdays 5:15- 6:15

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.

Contact For Further details

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