



Wednesday 9th January 2019

7.30pm

At TCAM, 9 The Green, Mawsley NN14 1GY

Come along and try it out!

For health, fitness & self-defence, with Robert Agar-Hutton

What is Tai Chi?

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise.

While there's scope for more rigorous research on tai chi's health benefits, studies have shown that it can help reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

It is recommended that you wear comfortable clothing that gives freedom of movement.

Plus

Treasurers chest

Refreshments

Blind date with a book

Raffle

Visitors welcome £4.50