

# Tai Chi



The traditional Chinese exercise practised in slow motion for relaxation, vitality, health and grace

## FREE INTRODUCTORY CLASSES

Tuesday 6<sup>th</sup> May 6.30 – 8.00pm

St Anne's Community Hall, 55 Dean Street W1 (Piccadilly Circus or Leicester Sq tubes)  
10-session Beginners' course (B1) continues on Tuesdays 6.30-7.30 at this venue

Sunday 1<sup>st</sup> June 5.00 – 6.00pm

Marylebone Dance Studio, 12 Lisson Grove NW1 (Marylebone or Baker Street tubes)  
Sign up for the 5-session Sunday Intensive B1 course and stay on for its continuation until 7.30

### NEW! – Roots & Branches<sup>©</sup>

A form of Qi Gong – simple exercises to collect, circulate and generate vital energy

Wednesdays 6.45-7.45 from 30 April at Marylebone Dance Studio, 12 Lisson Grove NW1  
more details on our website

[www.taichi.gn.apc.org](http://www.taichi.gn.apc.org)  
answerphone 020 8566 1677

To reserve your place on a course, return the form below with a cheque payable to LSTCC for full payment (£90) to our administrative address: PO Box 9836, London SE3 0ZG. Alternatively you may register at the Introductory Class. No reservation is necessary for the Introductory Class. Please note that payment is only possible by cash or cheque.

#### Registration Form

- |   |   |
|---|---|
| <input type="checkbox"/> Tuesday B1 (ends 8 July)           | <input type="checkbox"/> Sunday Intensive B1 (ends 29 June) |
| <input type="checkbox"/> Wed Roots & Branches (ends 2 July) | <input type="checkbox"/> Other                              |

Name:

Postal address:

Postcode:

Telephone:

Email address:

- I cannot attend but enclose my address, email & phone number to join your mailing list.