

Taoist Tai Chi™ arts



beginners' weekend

September 2019

Colchester

**Saturday 21 – 10am to 3pm and
Sunday 22 – 10am to 1pm**

Come and try for yourself

To book visit
www.taoist.org.uk/beginners

Taoist Tai Chi™ arts are specifically designed to improve health

The movements exercise the whole physiology, and at the mental and spiritual level, they are a method of 'taming the heart' and developing an attitude of calm, compassion and reduced self-centredness both during practice and in daily life.

Taoist Tai Chi™ arts are accessible and beneficial to everyone, regardless of their physical condition.

 **Taoist Tai Chi - UK**  **[YouTube.com/user/ITCS](https://www.youtube.com/user/ITCS)**

A charity registered in England and Wales (1053425) and in Scotland (SC039513)

taoisttaichi.org