



Taoist Tai Chi Society of Great Britain

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Information for Western Region Awareness Day 2011

Date and Venue

Demonstrations will take place on 13 August 2011 at the Wales Millennium Centre, Bute Place, Cardiff Bay, Cardiff, CF10 5AL

T-shirts

It gives a good impression if participants wear matching shirts and trousers. It is hoped that, if sufficient stock is available on the day, participants will buy and wear the 30th Anniversary rabbit T-shirt? However, as a fall-back plan, please will all participants come to the demonstration wearing a membership T-shirt and black trousers.

Arrival

It is suggested that members assemble in front of the Millennium Centre at 11.30. See Additional Information for maps and photos.

How to get there

By car: See Additional Information for maps. Directions to the Wales Millennium Centre can be obtained via Multimap or Google maps using the postcode CF10 5AL.

Parking: Car parking is available in the Cardiff Waterside multi-storey car park which is within a few minutes walk from the venue. It is suggested that members car-share to minimise costs and space.

Demonstrations and Taster Sessions

There will be demonstrations on the Glanfa Stage inside the Millennium Centre. These will be followed by invitations to the public to take part in short taster sessions. It is suggested that local members and instructors take part in the session to allow more time for members from more distant locations to arrive. There will also be outdoor demonstrations.

It is suggested that, to provide a better overall presentation, all participating classes concentrate on working together with co-ordinated movement for a few weeks prior to the demonstration.

Lunch

There are a wide range of cafes, restaurants, noodle bars and food stalls within a few minutes walk from the venue.