

Tai Chi Classes in Luton

with Ian Deavin



Ian is an experienced practitioner and teacher who has studied Tai Chi in China and Europe

***Original Chen Style Tai Chi.
Weekly beginners classes from
Wednesday 3rd September 2014 at
Hightown Community Sports &
Arts Centre, Concorde Street,
Luton, LU2 0JD***

Chen style Tai Chi Chuan or Taijiquan is valued for health, relaxation, personal development and martial arts. It is believed to be the original codified version of Tai Chi and is considered suitable for all ages. Chen-style focuses on softness with calm relaxed movement, balance, good posture and a quiet mind. Developing awareness of inner body feelings and of mental/emotional states is seen as an important aspect.

Other classes are at Shefford Community Hall on Sunday evening and Monday afternoon, also Letchworth Centre for Healthy Living on Thursday evening and Monday mid-day.



Ian is BCCMA recognised (British Council for Chinese Martial Arts) and a certified instructor of the Chinese Internal Arts Association (CIAA)

Weekly Luton classes start from Wednesday 3rd September 2014. Time: 20.00 - 21.00

Venue: Hightown Community Sports & Arts Centre, Concorde Street, Luton, LU2 0JD

Cost: £8 per session. For details please call Ian Deavin on 01462 621970

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www.taichiluton.org www.sheffordtaichi.org