

Tai Chi Beginner Classes in Hitchin - with Ian Deavin

*Special introductory
class rate:
£5 per session for
January 2016*

***Original Chen Style Tai Chi,
weekly beginners drop-in
classes from Jan 8th 18.00 at
JS Dance Academy,
1st Floor, 3 Bury Mead Road,
Hitchin, Herts SG5 1RT***

I am delighted to be running a new beginners class in Hitchin for 2016 - this will be at the delightful J.S. Dance Academy studio on the edge of Bury Mead Road estate in Hitchin. This Friday class will begin on January 8th 2016 and run weekly as a drop-in from 18.00 to 19.00 with a special introductory cost of £5 for January (rising to £7 in February); so if you have been considering Tai Chi or would simply like to try it, then this would be an excellent opportunity.



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

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.



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

Weekly Hitchin classes begin January 8th 2016 at 18.00 - 19.00

**Venue: JS Dance Academy,
1st Floor, 3 Bury Mead Road, Hitchin, Herts SG5 1RT**

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