

# Tai Chi Beginner Class in Flitwick - with Ian Deavin

*New Monday  
classes from  
11.30am to  
12.30 pm*

## ***Weekly drop-in Tai Chi classes from March 20th at Flitwick Village Hall***

I am delighted to be running a new beginners Tai Chi class in Flitwick for 2023 - this will be at Flitwick Village Hall on Monday mornings beginning on March 20th 2023 and then weekly as a drop-in from 11.30am to 12.30 pm at £10 per class, so if you have been considering Tai Chi or would simply like to try it, then this would be an excellent opportunity.

The class may be considered suitable for beginners of all ages and is often regarded as an "over 50's class" to prepare for the vulnerabilities of older age. Tai Chi is recognised by the World Health Organisation as a suitable therapy to address the possibilities of falls.

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 an experienced practitioner and teacher who has studied Tai Chi in China and Europe. He is BCCMA recognised (British Council for Chinese Martial Arts) and a certified instructor of the Chinese Internal Arts Association (CIAA)



**Weekly Flitwick classes begin March 20th 2023 at 11.30am to 12.30 pm**

**Venue: Flitwick Village Hall,**

**11 Dunstable Rd, Flitwick, Bedford MK45 1HP**

**For details please call Ian Deavin on 01462 621970**

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