

**Improve flexibility, balance and well-being!**

**Learn Tai Chi Chuan (Taijiquan)  
at The Regency Hall, Saundersfoot**



**Yang Style Tai Chi Chuan**

**10-week course starts  
Monday January 15th  
5:20 – 6:20 pm  
£65 per person for this  
course**

*The course will be run by local  
coach Steve Whiddett*

Research continually shows Tai Chi practise aids balance, improves health and a sense of physical and mental well-being.

Steve is a qualified coach and will be teaching a short modern Yang Style Tai Chi form. Loose clothing and flat footwear are recommended.

Steve has studied Tai Chi for more than 30 years in the UK, in China and in the USA. Steve trained and qualified as a senior coach with the Wu Kung Federation (a member of the British Council for Chinese Martial Arts) and has been teaching Tai Chi Chuan for nearly 20 years.

You can contact Steve on **01834 219123** or [steve.whiddett@talk21.com](mailto:steve.whiddett@talk21.com) if you are interested in this course.