



Tai Chi

Activity	When	Where	Cost	Contact
Tai Chi QiGong Gentle, easy to follow movements, to improve balance, coordination and muscle strength. Great for both body and mind.	Friday, 2-3pm	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£3.00	Nikki Smith, Age UK, 07530 777 895. Nikki.smith@ageuksomerset.org.uk
Staying Steady for Seniors Based on Tai Chi, the class aims to improve flexibility, balance, muscle tone, co-ordination and general well-being. 60+	Friday 10 – 11am	Clarence Park Baptist Church Hall, BS23 1ED	£4.50	Cheryl Mountford 01278 781544 Bubblingsprings@hotmail.com
Tai Chi for all abilities Slow movements and breathing and the mental component of training as opposed to vigorous bodily movements. Good for balance, co-ordination and leg strength. All welcome.	Friday 14.00 – 15.30	Winscombe Community Centre, Sandford Road, Winscombe BS25 1JA	£5.00	
Tai Chi for seniors Tai Chi exercise for improved flexibility, muscle tone, balance, co-ordination and general well-being. 60+	Friday 2 – 3pm	Winscombe Community Hall, BS25 1HP	£4.50	Cheryl Mountford 01278 781544 Bubblingsprings@hotmail.com
Tai Chi for 50+ - Weston-super-Mare	Thursday 12.45-2pm	United Reform Church, Waterloo Street, Weston-super-Mare BS23 1LF		Malcolm Droy 07817 395 510 malcolm.droy@gmail.com www.swtaichi.com



Activity	When	Where	Cost	Contact
<p>Tai Chi Mixed ability gentle exercise for over 50's. Aimed at mobility and well being improvement. Classes are social and relaxed although you will work to your ability</p>	<p>Monday, 1st Clevedon Scout Hut: 9.30am standing Tai Chi; 10.45am Seated Tai Chi Gentle Exercise,</p> <p>Monday, 12.30, WI Hall, Backwell, Standing Tai Chi</p> <p>Thursday, 9.30am, Campus, Locking Castle, Weston-super-Mare, Over 50s Tai Chi</p> <p>Friday, 11.45am, Long Ashton Community Centre, Over 50s Tai Chi</p>		£8.00	<p>Tony Dove 078866 30436</p> <p>web@tony.likeatree.org.uk</p> <p>Book via: www.Standinglikeatree.co.uk</p>
<p>Tai Chi Chen Style Tai Chi is a familiar sight in the parks of China. This gentle routine trains the mind and body together. Practicing the Tai Chi can improve a persons quality of life, from better health to greater physical and emotional confidence. It will also improve energy level, alertness, coordination, flexibility and reduce stress.</p>	<p>Thursday 7-8pm Nailsea School, Green Theatre, Mizzymead Road, Nailsea, BS48 2HN</p> <p>Friday, 2-3pm 2nd Nailsea Scout Group, Hannah More Road, Nailsea</p>		£5	<p>Tom 07460 810 478</p>