joy thru T'ai Chi Chih® movement

Taddy T'ai Chi Chih

Weekly Drop-In Sessions

At Tadmarton Village Hall

Every Monday 3pm to 4.15pm

ALL WELCOME to join our small friendly community

£8 per person per session

Come and try this gentle, flowing movement practice

In today's fast paced world, finding time for wellness can feel impossible. That's where T'ai Chi Chih comes in ! These easy to learn, gentle, mindful movements aren't about hours at the gym - it's about small, consistent movements which bring big benefits.

Ready to try T'ai Chi Chih, a gentle easy practice which fits into your life instead of competing with it ?

Ready to find the benefits science has shown T'ai Chi Chih can offer

improved balance, reduced pain, improved sleep quality, feeling calm and relaxed to mention a few.

No special clothing, just warm cozy layers and soft soled shoes or comfortable socks.

Adaptable for all, can be enjoyed standing or seated

CONTACT : Please aim to arrive 5 minutes before the start time and if you have any questions give Kate Angell a call 07478 276891