

**Saturday
14th August
2010
12-6pm**

太極



TAI JI EIGHT ENERGIES WORKSHOP

Using Forms, exercises & Qi Gong, we will explore The Eight Energies of Tai Ji Quan. We will look at their use & application within Chen Style Tai Ji & their fundamental importance in deepening Tai Ji awareness.

Cost:

**£45.00 for Non Members
£40.00 for Members**

**To book call Paul on
0800 756 6422**

**Email:
paul@nathealing.com**