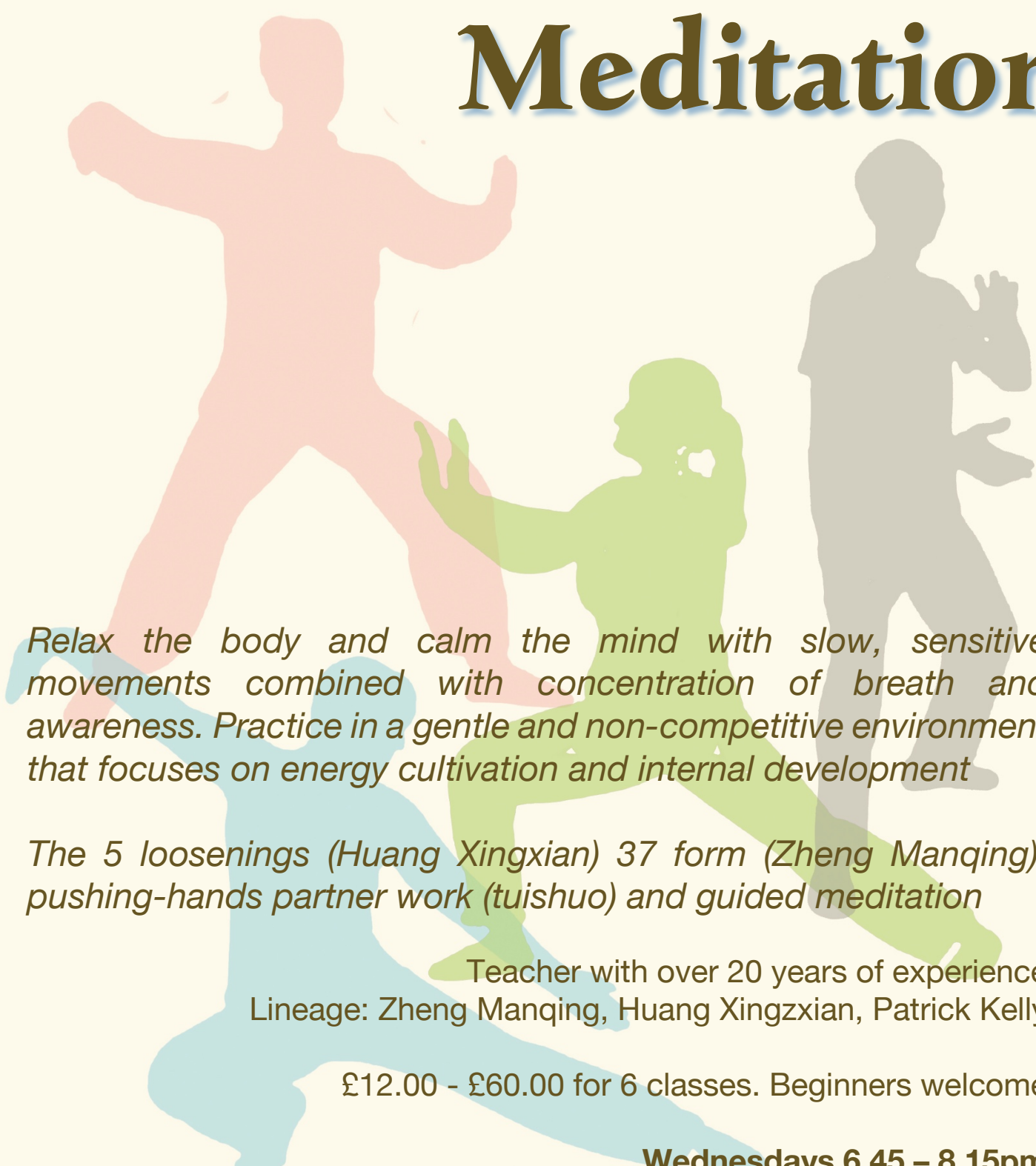


# Tai Chi & Meditation



*Relax the body and calm the mind with slow, sensitive movements combined with concentration of breath and awareness. Practice in a gentle and non-competitive environment that focuses on energy cultivation and internal development*

*The 5 loosening (Huang Xingxian) 37 form (Zheng Manqing), pushing-hands partner work (tuishuo) and guided meditation*

Teacher with over 20 years of experience  
Lineage: Zheng Manqing, Huang Xingxian, Patrick Kelly

£12.00 - £60.00 for 6 classes. Beginners welcome

**Wednesdays 6.45 – 8.15pm**

Kingswood Halls. The Annex. Dacre Park, SE13 5BU

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