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events

# Tai Chi Class.

EVENT DETAILS



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# Tai Chi Class.

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10-500  
People



Available  
Nationwide



1 Hr



Held  
Indoors



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## Overview

Experience the calming benefits of Tai Chi at your location, office, or venue, guided by knowledgeable instructors. This practice reduces stress while boosting flexibility & balance through slow, graceful movements paired with deep circular breathing. Each class includes simple exercises and practice time, making it accessible for all ages and skill levels.

## What's Included?

- ✓ Tai Chi at your location, office or venue
- ✓ Knowledgeable instructors
- ✓ Reduces stress while boosting flexibility and balance
- ✓ Suited for all ages in a peaceful, mindful environment
- ✓ Full risk assessments & £5million public liability insurance
- ✓ Well-kept and maintained equipment

## Benefits

- ✓ Sense of Achievement
- ✓ Enhancing Motivation
- ✓ Working towards a common goal
- ✓ Learning New Skills
- ✓ Fun for All

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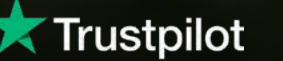
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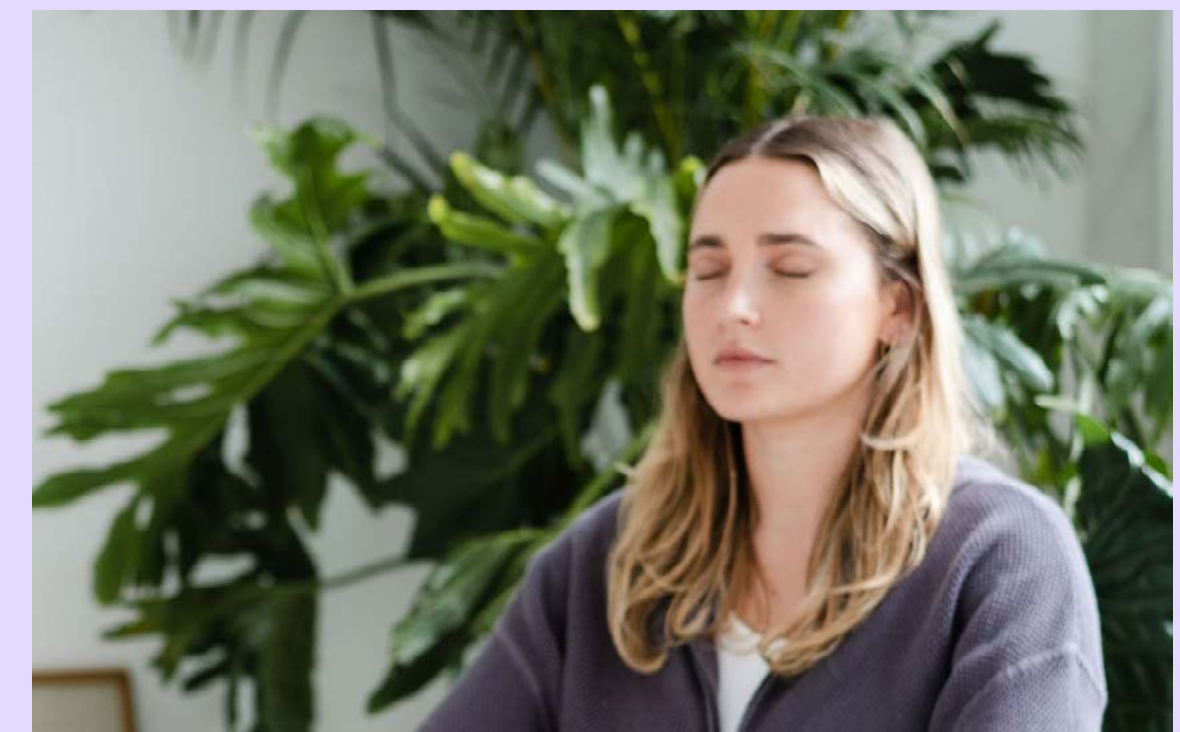


## What happens at your event?

The instructor will arrive at your location (e.g. venue or office) and will greet themselves to everyone taking part, giving a quick introduction to what Tai Chi is, and what it entails.

The class will begin with simple exercises with plenty of practice time to get into the swing of Tai Chi. Not long into the class will you find your natural rhythm and deeper body awareness improve, being mindful of your environment while becoming much more relaxed and mindful.

The 1 hour class is a great way to foster well-being in the workplace and will leave everyone feeling much calmer.



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Hassle!

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# Is this something you'd like to book?

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CONTACT US

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- ✓ Inclusive Events UK Wide
- ✓ Encouraging Participation

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