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events

Tai Chi Class.

EVENT DETAILS



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Finding Service

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We organise thousands of quality team building events & Christmas parties each year!

Saving YOU
- Hassle!

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ABTA
ABTA No. Y6501

Trustpilot
★★★★★

Tai Chi Class.

- 10-500 People
- Available Nationwide
- 1 Hr
- Held Indoors
- Free Venue Finding

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

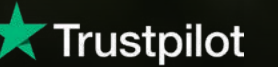


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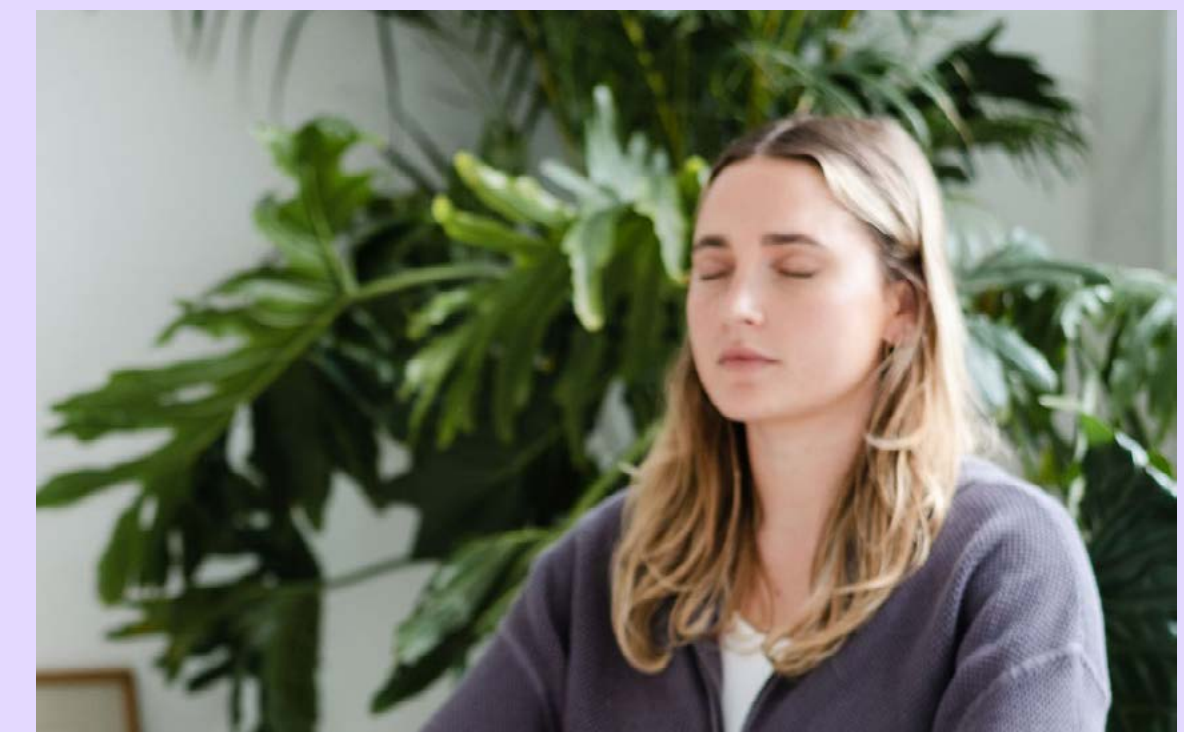


What happens at your event?

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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Is this something you'd like to book?

funktion events

CONTACT US

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What happens when you book?
We'll send you a quick digital agreement to sign, followed by an invoice for the 25% deposit (or 100% if within 6 weeks), which you can pay easily online, over the phone or by BACS.

-  **Saving YOU Hassle**
-  **Inclusive Events UK Wide**
-  **Encouraging Participation**



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