

TAI CHI CLASSES

TUNBRIDGE WELLS 2015-16

Katherine Allen

Registered Instructor TCUGB, BCCMA, Level 8 PTCCI

Teaching since 1992

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Website: www.katherineallen-taiji.com

Mondays 9am–10am mixed ability, all ages

Albert Suite, Camden Centre, Market Square, Camden Road, TN1 2SW

Qigong, Tai Chi forms, partner exercises, theory.

September to June

Mondays 11.15am-12.15pm gentle for 50+

Albert Suite, Camden Centre, Market Square, Camden Road, TN1 2SW

Qigong (+ optional Tai Chi before the class begins).

This class has chairs available for those who might need a rest.

September to June

Thursdays 7-8.15/8.30pm all ages, all levels

St. Barnabas School Hall, Quarry Road, TN1 2EY

Qigong, Tai Chi forms, partner drills, self-defence applications, theory, weapons forms for those who know the long hand form.

This is an active class, not suitable for those with mobility problems.

September to June - school term breaks

Saturdays 11am - 12pm all ages, all levels

Dunorlan Park, Pembury Road entrance, TN2 3QN

Outdoors class with no booking required - simply turn up when you can. The ground is uneven and therefore unsuitable for those with poor balance.

May to September

1-to-1, Small Groups, Corporate

Times and content by arrangement.

***If you would like a leaflet with further details
for any of the above classes, contact Katherine***

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