

# Berkshire Tai Chi

## Class Programme 2012

**PLEASE NOTE THERE ARE  
NO CLASSES ON BANK HOLIDAY WEEKENDS**

Day	Time	Centre	Style	Level
<b>Tue</b>	10:00-11:00	Woodford Park Leisure Centre, Haddon Drive, WOODLEY, RG5 4LY	<i>Chinese-style Exercises</i>  Drop-in Programme	Gentle Exercises for Health, Vitality & Relaxation  Ongoing (from 10 <sup>th</sup> January 2012)
<b>Tue</b>	20:00-21:00	Woodford Park Leisure Centre, Haddon Drive, WOODLEY, RG5 4LY	<i>Chen</i>	Improvers
<b>Wed*</b>	14:30-15:30	The Barn Goosecroft Lane off Beech Road PURLEY-on-THAMES RG8 8DR	<i>Yang</i>	<b>Beginners Now enrolling</b>  Call <b>0118 941 9475</b>
<b>Wed*</b>	15:30-16:30	The Barn Goosecroft Lane off Beech Road PURLEY-on-THAMES RG8 8DR	<i>Yang</i>	Improvers
<b>Thu</b>	10:00-11:00	Rose Rent Room, The Tythings, Reading Road, YATELEY GU46 7RP	<i>Balance for Life</i>  (Please see below)	Soft Exercises Introduction to Yang style Tai Chi  Ongoing

# Berkshire Tai Chi

Day	Time	Centre	Style	Level
<b>Thu</b>	19:00-21:00	Crescent Centre, Warbler Drive, LOWER EARLEY, RG6 4HB	<i>Chen</i>	19:00 - 20:00 Pushing Hands & Paired Training (Intermediate & Advanced)  20:00 -21:00 Cannon Fist (Advanced students)
<b>Fri</b>	18:30-19:30	Woodford Park Leisure Centre, Haddon Drive, WOODLEY, RG5 4LY	<i>Chen</i>	<b>Beginners 1</b>  New class starts 13 <sup>th</sup> January 2012  To enrol: 0118 921 6969
<b>Fri</b>	19:30-20:30	Woodford Park Leisure Centre, Haddon Drive, WOODLEY, RG5 4LY	<i>Chen</i>	<b>Beginners 2</b>  New class started 16 <sup>th</sup> September 2011
<b>Sat</b>	09:00-10:00	Crescent Centre, Warbler Drive, LOWER EARLEY, RG6 4HB	<i>Chen</i>	<b>Beginners</b> New class started on 4th June 2011.

\* = No classes on Half Term weeks.

## Chinese-style Exercises

### Tuesdays 10:00 – 11:00

Drawn from Tai Chi and Chi Kung, or Chinese “yoga”, these simple exercises are gentle and easy to learn. They can be practised for just 5 minutes a day, whenever you have a moment or two to spare, and are ideal for anyone who is looking for a simple and enjoyable way to keep fit and healthy during the day. No special clothing or equipment is required and most exercises can be done on the spot, so space should not be a problem when practising at home.

The cost of this session is: £5 per person per week, pay-as-you-go.

07814 969 540  
info@berkshiretaichi.co.uk

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## Balance for Life

**Thursdays, 10:00 – 11:00.**

This class of gentle, Tai Chi-based exercises is specifically designed for those with health and mobility concerns, but is perfectly suitable for people of all ages who have an hour free on a Thursday morning and would like to get some exercise and meet new people.

The cost of this session is: £5 per person per week, pay-as-you-go.

## Saturday Seminars.

We also run a series of Saturday Seminars from 10:00 onwards.

For further details visit our website:

[www.berkshiretaichi.co.uk](http://www.berkshiretaichi.co.uk)