



Berkshire Tai Chi



www.berkshiretaichi.co.uk

Philip Larsson

Key milestones

- 1988: Starts Tai Chi classes.
- 1995: Begins teaching
- 1996: Sets up Berkshire Tai Chi with Trevor Priest
- 1999: Begins studying with Grandmaster Chen Xiaowang
- 2002: Begins studying with Master Chen Yingjun
- 2005: Goes to study in Chenjiagou, birthplace of Tai Chi.
- 2008: Becomes a full-time professional Tai Chi instructor.
- 2009: Discusses the possibility of hosting Chen Yingjun on visit to Berkshire.
- 2013: Master Chen visits Berkshire.
- 2014: Certification by Grandmaster Chen Xiaowang.



In Brief.....

Philip is a regular instructor at various venues throughout Berkshire. In keeping with traditional Taoist principles, he is keen to ensure that Tai Chi Chuan is taught in a balanced way, with equal emphasis being placed on the martial and the health aspects of Tai Chi.

Besides his regular training with Grandmaster Chen and Chen Yingjun, since 1988 Philip has met, and attended courses run by, other leading Tai Chi teachers including Yang Jwingming, Chen Bing, Du Xianming, Ji Jiancheng, Chen Lei, and Mike Sigman.

He has designed and run in-house health and relaxation programmes for commercial organisations such as Nortel Networks and Henley Management College, as well as therapeutic classes for students with physical and mental health problems. In addition, he has taught on corporate programmes throughout the United Kingdom.

He also has experience of working with Special Needs groups, notably Parkinson's sufferers, arthritics and recovering stroke victims.

