

Tai Chi in Gheluvelt Park

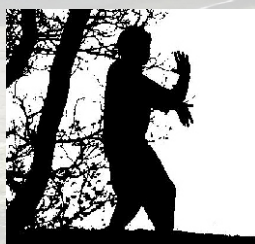


**Sunday 5th September
from 10am to 11am
(Meet near the tennis courts)**

Tai Chi is the ancient Chinese art of meditation in movement. The slow, graceful movements of Tai Chi are designed to release tension, strengthen the body and calm the mind. It is a co-operative form of exercises and as such is suitable for people of all ages.

If you've ever wondered about Tai Chi then come along and find out by talking with Alan Smith. Alan of Heartland Tai Chi has been teaching Tai Chi and meditation in Worcestershire since 1985.

**For more information visit:
<http://www.heartlandtaichi.com>**



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