

Group Name:	<b>TAI CHI</b>	<b>Leader: PETER KARRAN</b>
Meeting:	Fridays during term time, 12:45-13:45	
Venue:	<b>Meets over Zoom during lockdown periods</b>	
Contact:	<a href="mailto:peterfindingbalance@gmail.com">peterfindingbalance@gmail.com</a>	
<p>Peter teaches Yang Long Form together with a wide range of Qi Gong exercises.</p> <p>Finding Balance integrates deep breathing and relaxation with gentle movement. It is a health-promoting exercise that increases well-being, balance and mobility; and decreases stress. Finding Balance gives you choice about how to progress, for example standing or sitting for some or all of the Tai Chi class.</p> <p>Peter qualified as an Instructor with TCUGB and we are very fortunate that he is happy to run these sessions within the U3A with just a small charge for the hire of the room.</p> <p>This is a popular group and new members are welcome.</p>		
Last updated:	January 2021	