

TAI CHI CLASSES IN THE CLUBHOUSE



Dear Bowlers,

As you may be aware [London Tai Chi Classes](https://www.londontaichiclasses.com/) will be using the Clubhouse for teaching Tai Chi and gentle Tai Chi exercises classes from Monday October 19 after the club has closed for the winter period, through to Friday April 16 2021 (and possibly beyond).

As medically recommended, Tai Chi and Tai Chi exercises are very good for health, mobility and focus.

The classes will be run in small groups of 6 people by our very experienced Teacher Master Larry Marks in accordance with the current Government rules for Covid-19 and social distancing.

Classes will last for approximately 50-60 minutes and will be scheduled for day and evening sessions.

If you are interested to try a session out before joining the classes on a regular basis, please contact me on the below number or through our school [website](https://www.londontaichiclasses.com/) <https://www.londontaichiclasses.com/> where you will also find all the information about the Tai Chi school and cost of the classes.

Best wishes and hope to see you soon.

Kind regards

Graham Obrart
School Principal

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