



# BE ACTIVE

## Tai Chi

**Days:** Tuesdays

**Times:** 9.30-10.30am

**Location:** Online



Tai chi is an ancient Chinese tradition that is practiced as a graceful form of exercise.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tai chi, also called tai chi chuan, is a non-competitive, self-paced system of gentle physical exercise and stretching.

Each posture flows into the next without pause, ensuring that your body is in constant motion.

Please register and book your place online.



[mindinbexley.org.uk/recovery/](https://mindinbexley.org.uk/recovery/)

