

COURSE 1: INTRODUCTION TO TAI CHI

With small class numbers in our welcoming modern dance studio, you'll enjoy space, personal attention, and a calm learning environment.

Experience the flow, balance, and mindful focus of Tai Chi in this energising 8-week introductory course—suitable for all ages who are fit, able, and ready to explore gentle, intentional movement.

Your tutor is a dedicated practitioner with deep experience across multiple martial arts styles and now specialises in teaching traditional Tai Chi. You'll learn the art as it has been passed down through generations—with precision, respect, and an emphasis on internal strength, posture, and balance.

COURSE 2: TAI CHI - CONTINUING PRACTICE

For learners ready to deepen their Tai Chi journey.

With the same small class numbers and supportive studio environment, this continuing-level course is designed for those who have *completed our beginner programme* or who already have some Tai Chi experience. Build on your foundation with more complex sequences, refined technique, and a stronger focus on internal strength and mindful flow.

Across eight weeks, you'll explore:

- **Advanced forms** — to continue to build upon and to develop in more detail the "8" form of Yang style Tai Chi along with strength and balance practice.
- **Posture refinement** — improving alignment, balance, and body awareness.
- **Breath and intention** — developing deeper internal focus.

Expect precise guidance, personal feedback, and a steady progression that challenges you while maintaining Tai Chi's calm, grounded approach.

Suitable for: Learners who are fit, able, and familiar with basic Tai Chi principles or forms.

COURSE DETAILS



Term 4: 20th October – 8th December



Course 1: Intro to Tai Chi 6:00PM – 7:00PM

Course 2: Tai Chi - Continuing practice 7:30PM – 8:30PM



Auripo Dance Studio



\$120 per person



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