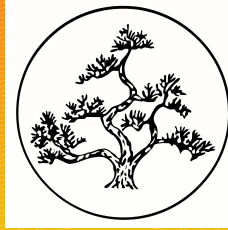


# West Country Lam Association



## Beginner's Tai Chi Chuan

Well renowned for its healing qualities. This art will improve balance, flexibility, focus and stamina. It is also a very effective martial art following your natural reactions and borrowing your opponents strength.



Tony Dove  
07886630436

Tony has 25 years experience learning and teaching Tai Chi. He continues to study directly under Master Lam Kam Chuen

**Beginner's class open to all starts;  
8-9pm Wednesday 11<sup>th</sup> September**

Jubilee Hall, Slade Rd, Portishead

14 weeks £100

[standinglikeatree.co.uk](http://standinglikeatree.co.uk)