

Wu Style Tai Chi Chuan - Brixton Learning Centre



Brixton Learning Centre

Location **London, London**
<https://www.freeadsz.co.uk/x-173177-z>

Wu Style Tai Chi Chuan is a traditional Chinese martial art with a family lineage dating back one hundred and fifty years. Its origins lie in the Imperial court of China during the Ching dynasty. The Brixton Learning Centre in south London offers instruction in this complete system for physical health, mental clarity and self-defence that is based upon the Taoist concept of Yin and Yang and their interaction. It is accessible to people of all ages, abilities and backgrounds with benefits being felt within a few weeks, including improved balance, flexibility and mental focus. For further details please check our website or get in touch. www.wustylebrixton.co

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