

New Yang Style Tai Chi amp Chi Kung Class Wednesdays 12.30-1.30pm Kensington F

Location **North, South Wirral**
<https://www.freedasz.co.uk/x-319700-z>



Kensington Fields Community Centre Low Hill, Liverpool, Merseyside L7 8TQ Yang Style Tai Chi & Chi Kung Every Wednesday 12.30am-1.30pm Cost £1 Tai Chi is considered to be safe for people of all ages as it does not put too much stress on the muscles and joints. In addition to being safe, Tai Chi is also inexpensive as it does not require much equipment. It can be practiced either in a group or alone. This slow motion martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace. Modern research has found that Tai Chi has positive effects on balance control, fitness, and flexibility and a whole host of ailments. In addition, the martial art has been claimed to reduce the risk of falls among elderly.



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