

Middleway School of Tai Chi

Beginners course starts

Wednesday 18th February 6:30 pm – 8:00pm

**Centre for Whole Health, Victoria place, Bedminster,
Bristol**

The Middleway School of Tai Chi provides the authentic teachings of Master **Alan Peck** and Grandmaster **Dr Chi Chiang-tao** from the Yang style of Tai Chi Chuan.

The directors of the school, **Phil Vickery** and **Chris Hill**, are recognised lineage teachers by Alan Peck and will provide clear and concise tutelage in the **Short Form**.

Here you will learn the natural principles of Tai Chi for health and martial art and gain a better connection to the mind, body and spirit through solo and partner work and sensitivity training.



For more information:

Chris Hill on 0117 300 9130

Or Phil Vickery on 07780445300

Email middlewaytaichi@gmail.com

www.middlewaytaichi.com