

Chen Style
 T'AI CHI
陈氏太极拳



CERTIFIED INSTRUCTOR – DAN NICHOLS

FREE
Introductory lesson
with this flyer

- ▶ MEDITATION IN MOTION
- ▶ PRACTICAL FORM OF SELF-DEFENCE
- ▶ INCREASED CO-ORDINATION, STRENGTH AND FLEXIBILITY

Certified instructor Dan Nichols has returned to England, having trained with 19th generation Grand-master Chen Xiao Xing in China.

BEGINNERS AND ADVANCED STUDENTS WELCOME

Every Tuesday 7 - 8:30pm at the Ludwick Family Club

£10 drop-in session

£48 for 6 sessions



ABOUT DAN

Dan Nichols is a qualified Chen Style T'ai Chi instructor and came back to England from China in 2017. He runs group and individual classes in London and Hertfordshire. Dan has been a practitioner of martial arts for the past decade and has studied with Grand Master Chen Xiao Xing in China for the past two years. Having lived in China and Taiwan for a total of 8 years he has had the privilege of having studied with some of the best teachers in the world. Dan also speaks fluent Mandarin Chinese and has studied Chinese Philosophy and Medicine theory, which is intimately linked to T'ai Chi, this ancient form of exercise and self-defence.

CLASS STRUCTURE

The aim of the classes is that students can get back in touch with their inner body and gain a fuller understanding of mind, body and spirit. Through regular practise, strength, coordination and flexibility can be improved in a practical and accessible way. T'ai Chi is meditation in motion and can help students rediscover the grace, balance and coordination they felt as a child. It is suitable for all ages and abilities and beginners are welcome. It is recommended that students wear comfortable, loose fitting clothes and preferably flat training shoes rather than running shoes. Classes last an hour and a half and regardless of level, are always challenging and rewarding.

www.facebook.com/chentaichiwg

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