Tai Chi with the U3A

Where? The LED Leisure Centre, The Royal Avenue, Exmouth, EX8 1EN.

When? On Wednesdays and Thursdays from 2.30pm to 3.30pm. You will be advised what sessions you are booked for.

Is there a cost? These sessions have been arranged through the partnership we have with LED. Exmouth U3A need to pay for the use of the studio and the instructor (Geri). As a charity we cannot make a profit (or a loss) on the sessions. Therefore there is a cost of £5 per session. This may need to go up or go down, depending on attendance.

How do I pay? Payments will be collected in arrears. You will be advised at the end of each month how much you owe and you can either pay by bank transfer or by cheque or cash. If you wish to pay by bank transfer please transfer to the following account:

- Account holder – Steven Gibbs
- Sort code - 071310
- Account number - 92031664

If you wish to pay by cash or cheque can you please drop the money off at:

77 Douglas Avenue, Exmouth EX8 2HG.

Why Tai Chi?
This gentle Tai Chi class will help to maintain balance, strength, flexibility, and relaxation.
It will focus on the principles of Tai Chi without having to learn a choreographed form.
For many it is also a movement meditation.

What will happen in the class? Each class will consist of these elements

- Simple warm up
- Chi Gong; which is a series of movements matched with breath
- Tai Chi walking
- Some Tai Chi movements that flow together, but do not need to be learned

What shall I wear?
Please wear loose clothing, and flat comfortable shoes. Please bring some water with you as well.

Will it be suitable for me?
Each person can have a chair next to them (if needed) to use for some of the seated exercises, and to aid balance if needed.
There is no floor work, and therefore a mat is not needed.

Who is the instructor?
The instructor is Geri Winnall, who has been practising Tai Chi for over 25 years. She has taught Lee Family Tai Chi, and now teaches Chen style Tai Chi.

I very much look forward to sharing the joy, relaxation, and benefits of Tai chi with you all.