T'AI CHI - BEGINNERS

Other · Truro College

PART-TIME INFORMATION

Be part of a friendly relaxed group learning the Beijing 24 Form. Increase your physical and mental wellbeing through the gentle flowing movements of this widely practised T'ai Chi form. All are welcome.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.