



和景華人聯誼會
CHINESE ASSOCIATION OF WOKING

CCP – Tai Chi Lessons 14th & 21st June 2016

各位会员，

来至广州的钟叔叔，年少习武，中老年时期在广州教授太极。太极以其心静气均达到修身养性之强身健体之效。受 CCP 之邀，诚邀各位不同阶段的太极爱好者或初学者一起来观摩和交流打国际标准太极。各位可根据自身条件，在家练习。太极剑爱好者也可备上剑来交流。打太极适合穿着软底的鞋。

欢迎有时间有兴趣的朋友参加太极课和之后的午餐聚会。非常欢迎大家做个拿手小菜来一起品尝。

时间：6月14号和6月21号上午10点半至下午两点

地点：Old Woking Community Centre, Sundridge Road, Woking GU22 9AT

收费：会员 £2; 非会员 £3; 不带食物者另加 £3

联络人：孔繁红 ccp@cawoking.org.uk

Dear Members,

We are delighted that Martial Art expert, Master Zhong, has kindly agreed to give two lessons on Tai Chi at CCP. Master Zhong has practised martial art from a young age and taught Tai Chi in Guangzhou, China for many years. Through its gentle movements and even breathing techniques, Tai Chi is calming and promotes good health. We welcome Tai Chi enthusiasts of all levels as well as novice to come along to learn and share Tai Chi techniques of international standard. Participants can then practise at home according to their abilities and preferences afterwards. We also welcome Tai Chi Sword enthusiasts to bring along their Tai Chi swords to fineness their techniques. We recommend that you wear shoes with soft soles for Tai Chi.

You are all very welcome to attend the Tai Chi lessons and join us for lunch afterwards. Please bring some home-cooked food along to share with the group if you can.

Time: 10:30am -2pm on 14th June & 21st June

Venue: Old Woking Community Centre, Sundridge Road, Woking GU22 9AT

Cost: Member £2; Non Member £3; those who don't bring food pay an extra £3

Contact: Fanhong Kong ccp@cawoking.org.uk