



和景華人聯誼會
CHINESE ASSOCIATION OF WOKING

www.cawoking.org.uk

CCP – 太极课 Tai Chi Lessons on 29th Nov 2016

华人社区活动小组 (CCP) 每周二 (除了圣诞节假期和暑假) 都举办午餐聚会。时间：上午十点半至下午两点。地点：Old Woking Community Centre, Sundridge Road, Woking GU22 9AT. 费用：会员两镑，非会员三镑，没带食物来分享者另加三镑。

我们非常荣幸太极老师, 赖惠璇女士, 会在周二, 11月29日, 在 CCP 教大家太极拳。

赖老师说：“很高兴能在 CCP 与大家分享我自己对太极的热爱。我们的 CCP 太极课会从热身和内功开始，然后是 37 式杨氏太极拳的分解练习。经过一段时间的渐进积累后，大家可以学到一整套的 37 式杨氏太极拳。我们的最终目的是让大家体会到太极带来的‘专气致柔’的精妙体验。”

我们欢迎有兴趣的会员和非会员参加。有兴趣报名者请电邮 CCP 负责人 孔繁红 ccp@cawoking.org.uk.

The CCP (Chinese Community Project) team runs a drop in lunch club between 10:30am-2pm every Tuesday (except during Christmas and Summer holidays) at the Old Woking Community Centre, Sundridge Road, Woking GU22 9 AT.

Members are charged £2; Non Members £3. Those who are unable to bring any food along to share pay an additional £3.

We are delighted that Tai Chi instructor, Ana Lai, will be giving two Tai Chi lessons at CCP on Tuesday 29th November.

Ana said that, "It would be a pleasure for me to share my passion of Tai Chi with you at CCP. Structure of our class would start with some warm up, Qi Gong, break down of the Traditional Yang 37 Short Form and with time, putting the whole Form together, with the aim to learn to 'concentrate on Qi and achieve softness'."

Both members and non-members are welcome. Please email CCP Co-ordinator, Fanhong ccp@cawoking.org.uk to register your interest.