

Tai Chi Workshop



With qualified Tai Chi and Qigong Instructor Debbie Heaney

Join us and explore techniques and principles, applying them to the Yang Style Form. This workshop is suitable for everyone, and ideal for anyone at the start of their Tai Chi journey.

Saturday 20 June 2026

10.30-12.30

Milford Village Hall, Portsmouth Road, Milford GU8 5DS



The Tai Chi form is more than just remembering the sequence. The real value comes from understanding and co-ordinating the moves.

This workshop is ideal for students at the beginning of their Tai Chi journey as well as more experienced students who would like the opportunity to slow down and focus on the details.

To book your place contact Debbie —
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