

Tai Chi

Masterclass



With qualified Tai Chi and Qigong Instructor Debbie Heaney

**Join us and explore techniques and principles, applying
them to the Yang Style Form.**

Saturday 25 April 2026

11.30-13.30

Milford Village Hall, Portsmouth Road, Milford GU8 5DS

Cost: £45



The Tai Chi form is more than just remembering the sequence. The real value comes from understanding and applying key principles. In this masterclass we will explore Yang's Ten Principles for Tai Chi and consciously incorporate them into our practice.

Minimum requirement: to be familiar with the moves in section 1 of the Long Form.

To book your place contact Debbie —
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