

Tai Chi & Chi Gong Class

Hello, my name is Frank Purcell and I have been teaching Tai Chi for over 15 years to people from all walks of life and of varying ages and abilities. The style of Tai Chi I teach is Yang Style which is regarded as the most practiced style of Tai Chi around the world. Why not come along and enjoy the principles, beauty and style of Tai Chi and Chi Gong. Learn how the practice of Tai Chi and Chi Gong can help promote health and wellbeing and leave you feeling relaxed, energized and renewed.



For more information
please contact Frank Purcell
Tel: 07599 328299
e-mail: fjmp1953@yahoo.co.uk