

Free Tai Chi courses for children and adults



Tai Chi for Children

Wudang Five Animals Movements-Turtle, Snake, Crane, Tiger and Dragon
6 week course every Saturday 2pm-3pm from 14th November until 19th December.

Tai Chi for Adults

Chen Style Taijiquan - 8 forms
6 week course every Wednesday 3pm-4pm from 11th November until 16th December.

Tai Chi For Adults and Seniors

Wudang Health Practice and Five Animal Movement
6 week course every Wednesday 1pm-2pm from 11th November until 16th December.

- Full details on our [website](#)
- Venue is Confucius Institute, 17 High Street, Old Aberdeen.
- All courses are free and all are welcome however spaces are limited so please register by email Confucius@abdn.ac.uk

Kind regards,

Sarah Wang

Confucius Institute of the University of Aberdeen

17 High Street
Aberdeen
AB24 3HE

01224 273223

Confucius@abdn.ac.uk