

# Roberto Crea

Tai Chi for Health Master Trainer, Italy

## Abingdon School Sports Centre

Park Road, Abingdon  
Oxfordshire OX14 1DE

*(Please do not send cheques to this address)*

**Sun 73: Thursday 1<sup>st</sup> June; Chen 36 Saturday 3<sup>rd</sup> June**

### Taster Sessions

**9.00 am – 1.00 pm**

£45.00 each or £80.00 for both

#### Sun 73

The Sun 73 is a beautiful tai chi Form that has been made accessible for those interested in developing their tai chi further, for fun and health reasons, by Dr Paul Lam. Much of the first two sections of the Sun 73 form the basis of Dr Lam's acclaimed Tai Chi for Arthritis sequence.

Experience Roberto's unique insights of this Form, and his expert guidance for building on your current knowledge, and deepening your understanding of Sun style.

#### Chen 36

The Chen 36 is a wonderful introduction to the oldest of the tai chi styles, enabling participants to experience its defining spiral force, and changes of timing and rhythm, in an accessible and satisfying way.

Roberto's deep understanding of Chen, will help students students who have little or no experience, sense the different dynamics and enthralling energies of this exciting style.

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**I would like to book a place on the following workshop(s)**

Sun 73  Chen 36  Both  *Please pay by 21<sup>st</sup> April 2017*

**I enclose £** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Please contact Veronica Ashcroft about cheque or BACS payment: [trueimage@talk21.com](mailto:trueimage@talk21.com)*

*Please **do not** send cheques to the venue*