



Sale u3a Centre will be launching a new Group “Tai Chi for Beginners”. The Instructor has 20+ years experience of practising Tai Chi. If you are interested to join the group or come as a taster, please put your name and email address (sorry, no Tel No.) on the attached list. The group will be launched on Tuesday 7th April 2026.

Tai Chi (太極) is a Chinese mind-body practice that combines slow, flowing movements, deep breathing, and mental focus. It is about balance - between stillness and movement, between strength and softness, between body and mind.

Tai Chi is:

Low-impact exercise that protects your joints.

A mental workout that sharpens focus.

A martial art with roots in self-defence.

A lifestyle practice that adapts to any age.

Benefits of Tai Chi for Beginners:

Reduce stress and anxiety with slow breathing.

Improve balance and coordination, lowering fall risk.

Build gentle strength and muscle tone.

Increase flexibility without painful stretching.

Enhance mental clarity and focus in daily life.

**Group meetings will be held every 1st and 3rd Tuesday of the month.
Meeting Time will be 12:00 – 14:00**

If you need further information, please contact our Group Co-ordinator, Judith who will forward your queries to the Group Leader of this new Group.