EXTERNAL CLASSES

Meeting House Tai Chi Class

Currently run from the Lancaster Quaker’s Friends Meeting House, this class is the Confucius Institute’s first class specifically created for the general public.

The Confucius Institute was first approached by members of a Tai Chi class, previously run by the University of the 3rd Age (U3A), who were looking for a new Tai Chi instructor. We therefore associate this class to being more for ages 50+, but ultimately the class is open to anyone. Each session will last for 1 hour, before ending with tea & biscuits served for the final 30 minutes.

| Next course: | Meeting Room  
|             | Friends Meeting House, Meeting House Lane, Lancaster, LA1 1TX.  
|             | Due to our lack of instructor, this class will be led by its own members.  
|             | Sessions will be commencing from 9th October 2019  
| Cost:       | £2.50 per session, payable in cash upon arrival at each session.  
| Register:   | Contact Adam Wilson (a.wilson16@lancaster.ac.uk) or call 01524 592620 for details. |
Town Tai Chi Class

This class is intended as our main Tai Chi class within Lancaster. Open to all ages, the class will begin teaching the first 8 forms of Tai Chi from a complete beginner level, and will be intended as a drop-in styled class, so that you only pay for the classes you attend. These classes are fantastic for stress relief and exercise, and there are no expectations or examinations, just you learning at your pace and having fun!

| Next course: | We will be changing venue for our Town Tai Chi Class, and it will no longer be held at The Storey.  
Additionally, due to our lack of instructor, this class will not be running at this time. We will be providing updates should we locate a suitable instructor. |
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