

The logo for Tai Chi Movements for Wellbeing (tmw) features the lowercase letters 'tmw' in a bold, white, sans-serif font on a dark blue rectangular background.The logo for Tai Chi Movements for Wellbeing features a stylized, blue, flowing figure that resembles a person in a Tai Chi pose, with arms raised and hands open. The figure is composed of smooth, curved lines that suggest movement and balance.

tai chi  
movements  
for wellbeing

## Movement is the key to wellbeing

easy to learn   relaxation   flexibility  
calmness   healing   proven   simple  
co-ordination   creativity   wellbeing  
balance   effective   life-changing

TMW combines the essential elements of both Tai Chi and Chi Kung creating a 16-movement sequence that is easy to learn and can be done both standing or seated.

The classes offer the space to learn and explore the sequence, bringing together movement, stillness and flow, helping us to come into a more balanced and relaxed state of being.

Introductory Session on the 26<sup>th</sup> September at 1pm at The CAER Heritage Centre, Caerau, CF5 5LQ.

An 8 week course will follow on at the Dusty Forge (CF5 5BZ) on Wednesdays 2-3pm starting on October 5<sup>th</sup>.

[www.tmwtraining.com](http://www.tmwtraining.com)