



# HAPPY TAI CHI

Mind | Body Health | For All Ages  
The Ancient, Mind Chinese Art of Energy Cultivation  
for Healthy Body and Spirit



**Tara Tuen-Matthews**  
Teacher and practitioner of Chen Tai Chi  
Student of Master Wang Hai Jun,  
12<sup>th</sup> generation lineage  
Master of Chen Tai Chi  
from Chen Village



## REVERSE, REGAIN, REBUILD

Reverse the aging process and feel fantastic. Get stronger, fitter and meet new people

Unlock the secrets to aging gracefully with Chen Tai Chi and meditation. This ancient practice not only preserves your mobility and independence but also elevates your overall well-being. Experience a profound transformation as you enhance your flexibility, improve posture, balance, build muscle, spine and skeletal strength, alongside increased endurance and a more peaceful, resilient mind.

By mastering relaxation techniques, you'll naturally elevate your dopamine and serotonin levels, promoting better stress management, reduced anxiety, and deeper, more restorative sleep. Embrace vitality and tranquillity at any age—whether you're 3 or 103! Start your journey to lasting wellness today – your future self will thank you.

### Classes:

Thursdays mornings  
9.15am to 10.15am

Thursday evenings  
7.00pm to 8.00pm

Five Ashes Village Hall  
East Sussex TN20 6JA

Email:  
happytaichi@btinternet.com  
www.happytaichi.co.uk

### Classes can help you:

- ✓ Enjoy low impact, slow, graceful exercise
- ✓ Promote calm mental focus and body alignment
- ✓ Build leg strength, stamina, endurance and stability
- ✓ Increase flexibility and coordination
- ✓ Calm body and mind
- ✓ Manage stress and anxiety
- ✓ Promote toxin release and relaxation
- ✓ Learn a martial art for self-defense
- ✓ Lose weight



CHEN TAI CHI MEDITATED MOVEMENT FOR HEALTH AND WELLNESS

'A journey of a thousand miles begins with a single step ...' *Tao Te Ching* - Ancient Taoist Classic