



**TAI CHI FOUNDATION**

RELAX | REVITALISE | RECENTRE

# Tai Chi Summer holiday in Sardinia Italy

5 - 11 August 2019  
for beginners of all levels

T'ai Chi Chuan taught with clarity  
precision and respect for tradition

**[www.londontaichi.org/summer-holiday](http://www.londontaichi.org/summer-holiday)**

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# HOTEL & THERMAL SPA SARDEGNA TERMALE SARDARA

5 - 11 August 2019

The fire of Sardinian sunshine, thermal waters of an ancient spa and pleasantly cool spaces for our T'ai Chi & Qi Gong await you this summer. Jump start your holiday with a cultivation that offers, with diligent practice,

*"the flexibility of a child, the strength of a lumberjack and the peace of mind of a sage".*

Please see our online brochure at  
[www.londontaichi.org/summer-holiday](http://www.londontaichi.org/summer-holiday)

Our international teaching teams, rooted in over forty years of presenting trainings, will guide you through four hours of tuition daily. You can choose to do as little or as much as possible. Beginners are very welcome. Extra classes include Hawaiian swimming, meditation and early morning rounds. Optional programmes are offered every evening.

