

NANCY

Nancy is our Tai Chi tutor.

Nancy didn't discover Tai Chi until she was thinking of retirement. "I thought I would never be able to master it – and I wasn't sure I wanted to! However, I persevered and soon found that my body missed it if I didn't practise! The benefits of regular Tai Chi exercise began to reward me, and so I then studied the gentle art of Tai Chi until I decided that I needed to teach it to as many people as I could, so that they could benefit from it as well."

Nancy is qualified to teach many different forms of Tai Chi, and specialises in the Dr Paul Lam method which requires her to update her qualifications every 2 years. She teaches Tai Chi for Arthritis, part 1 & 2; Tai Chi for Energy, part 1 & 2; Tai Chi for Rehabilitation; Tai Chi for Osteoporosis; 24 Forms – Yang Style; The combined 42 Forms and Oolun; along with a variety of warm up and cool down activities.

She finds it very rewarding to work with people on the improvement of their own wellbeing.

