

Tai Chi in Cheam

Sunday Morning Classes 2025



Cheam Parochial Rooms

**42 The Broadway, Cheam Village
SM3 8BD**

**Every Sunday from 9.45 am (to Warm Up &
be ready to start) at 10 am until 12 noon.**

Chi-Do Drills for fitness and health

**Tai Chi 24 Forms from beginner to
competition and instructor level.**

Chi-Do Longevity Forms

Suitable for adults of all ages

Contact :- The Chi Clinic,

98 Church Hill Road, Cheam ,

SM3 8LJ

0208 641 3756

Email - chicliniccheam@gmail.com

Our Instructors

Gold medalists

**Tony Hardiman CDA. SBRCF. Fellow of
The Complementary Medical Association
and Master of Chi-Do Healing and
Martial Arts.**

Vicky Ahern-Hardiman 2nd Dan CDA

James Norman 2nd Dan CDA

Assisted by:-

Bryan Parke, Mari Langan & Moon Hoang

£10 per session or £40 monthly I/A

**Thursday & Friday classes with Vicky at
St Andrews Church, Northey Avenue 12
noon**

See website for details.

**The Chi Clinic was established in Cheam
in 1999 and has helped over 14,000
people to recover health and fitness. It is
a One Stop place for treatments and
rehabilitation.**