

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

Enquiries to Tony on

07535 091719

Email - ChiClinicTony@gmail.com

www.TaiChiQigong.co.uk

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.

Thursday & Friday classes with Vicky at St Andrews Church, Northey Avenue SM2

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 & rehabilitation.