Tai Chi Report 2026

This is held at the Arc, Caterham.

During the last year we have introduced a beginners class due to the amount of enquiries we have received. Many of those who have joined this class have since migrated to the improvers class. The time for the improvers class is now from 3.00pm to 4.00pm. With the new influx to the improvers it has been decided that this class is full and there will be a waiting list until further notice.

The beginners class will now be 30 minutes and the time for this class is 2.30pm to 3.00pm, on Wednesday afternoons which appears to be a popular move.

The cost for each class is £8 and is run by a tutor Matt Yule.

If you wish to join our beginners class please email Lyn Robinson-Jones