



Internal Arts Classes from Sep - Dec 2018
See the note at the end which explains how to book.

Venue	Tutor	Course Code	Title	Days & Times	Start / End Dates	Holidays	Course hours	Max Numbers	Course Cost (£)
Batsford Arboretum Moreton-in-Marsh GL56 9AD	David O'Brien	LCTKD subscription	Tai Chi for Beginners and Improvers <i>A mixed experience class open to new beginners of all ages, focusing on the Yang Style Short Form. In good weather, held outside in the Arboretum itself.</i>	Monday 10-11a.m.	ongoing	22 Oct 24 Dec			
Batsford Arboretum Moreton-in-Marsh GL56 9AD	Neil R. Hall	LCTKD subscription	Tai Chi Various Forms & Qigong <i>A class for experienced students with one of LCTKD's Founders. In summer when the weather is good, held outside in the Arboretum itself. (This class sometimes accepts beginners who cannot make other classes - contact us to find out if you can join.)</i>	Tuesday 5.30 - 6.30 p.m.	ongoing	23 Oct 25 Dec			
Bromsgrove Artrix Theatre Slideslow Drive B60 1GN	Michelle Baker	pay by course at www.lctkd.com/courses	Tai Chi for New & Recent Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For recent beginners and people completely new to Tai Chi.</i>	Friday 10.30 - 11.30 a.m.	2 Nov 7 Dec		6	20	36
Bromsgrove Burcot Grange Residential Home B60 2BJ	Louise Morey	Note this is not in the subscription scheme.	Seated Tai Chi and Qigong <i>A mobility and relaxation class drawing on seated Yang Style Tai Chi and Qigong.</i>	Thursday 11 a.m. - 12	ongoing	Please check with your Instructor			
Bromsgrove Burcot Lodge Residential Home B60 2BJ	Louise Morey	Note this is not in the subscription scheme.	Seated Tai Chi and Qigong <i>A mobility and relaxation class drawing on seated Yang Style Tai Chi and Qigong.</i>	Monday 3-4 p.m.	ongoing	Please check with your Instructor			
Bromsgrove Chessgrove Swim Ditchford Bank Road Hanbury B60 4HS	Louise Morey	pay by course at www.lctkd.com/courses	Aqua Tai Chi Taster <i>Learn and practice the slow, flowing movements of classical Yang Style Tai Chi, in the supportive environment of a warm pool.</i>	Monday 9.15 - 10 a.m.	15 Oct		1	8	5



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Bromsgrove Chessgrove Swim Ditchford Bank Road Hanbury B60 4HS	Louise Morey	pay by course at www.lctkd.com/courses	Aqua Tai Chi <i>Learn and practice the slow, flowing movements of classical Yang Style Tai Chi, in the supportive environment of a warm pool.</i>	Monday 9.15 - 10 a.m.	5 Nov 10 Dec		6	8	50
Bromsgrove Finstall Village Hall B60 1LG	Louise Morey	LCTKD subscription	Tai Chi for Beginners and Improvers. <i>A mixed experience class open to improvers and new beginners of all ages, focusing on the Yang Style Short Form and Beijing 24 Step.</i>	Wednesday 2-3 p.m.	ongoing	24 Oct 25 Dec			
Cleeve Prior War Memorial Village Hall Main Street WR11 8LG	Gaynor Barr	15801	Tai Chi for Improvers <i>For people who are relatively new to Tai Chi, but have learnt to follow the movements from the Yang Style Short Form.</i>	Wednesday 12-1 p.m.	19 Sep 12 Dec	24 Oct	12	15	59
Cleeve Prior War Memorial Village Hall Main Street WR11 8LG	Gaynor Barr	15803	FREE Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Friday 10 - 11 a.m.	12 Oct		1	15	FREE
Cleeve Prior War Memorial Village Hall Main Street WR11 8LG	Gaynor Barr	15804	Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Friday 10 - 11 a.m.	2 Nov 7 Dec		6	15	30



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Droitwich Spa Community Hall Heritage Way WR9 8RF	Louise Morey	15806	Tai Chi: Principles <i>A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step.</i>	Friday 10 - 11 a.m.	21 Sep 14 Dec	26 Oct	12	20	59
Droitwich Spa Community Hall Heritage Way WR9 8RF	Louise Morey	15807	Tai Chi for Improvers <i>For people who are relatively new to Tai Chi, but have learnt to follow the movements from the Yang Style Short Form.</i>	Friday 11a.m. - 12 noon	21 Sep 14 Dec	26 Oct	12	20	59
Droitwich Spa Community Hall Heritage Way WR9 8RF	Louise Morey	15810	FREE Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Friday 12.30 - 1.30 p.m.	12 Oct		1	20	FREE
Droitwich Spa Community Hall Heritage Way WR9 8RF	Louise Morey	15812	Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Friday 12.30 - 1.30 p.m.	2 Nov 14 Dec		7	20	35
Droitwich Spa Community Hall Heritage Way WR9 8RF	Louise Morey	15814	FREE Seated Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, from a seated position for people with limited mobility.</i>	Monday 1-2 p.m.	12 Nov		1	20	FREE
Evesham Library Oat Street WR11 4PJ	Michelle Baker	15815	Tai Chi for New & Recent Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For recent beginners and people completely new to Tai Chi.</i>	Thursday 10.30 - 11.30 a.m.	20 Sep 13 Dec	25 Oct	12	10	59
Finstall		<i>For Finstall, see under Bromsgrove, above.</i>							



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Hanbury		<i>For Hanbury, see under Bromsgrove, above.</i>							
Kidderminster Town Hall Vicar St DY10 1DB	Louise Morey	15817	FREE Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Tuesday 10 - 11 a.m.	16 Oct		1	20	FREE
Kidderminster Town Hall Vicar St DY10 1DB	Louise Morey	15818	Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Tuesday 10 - 11 a.m.	30 Oct 4 Dec		6	20	30
Kidderminster Town Hall Vicar St DY10 1DB	Louise Morey	15819	Tai Chi: Principles <i>A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step.</i>	Tuesday 11 a.m. - 12 p.m.	18 Sep 4 Dec	23 Oct	11	20	54
Kidderminster Town Hall Vicar St DY10 1DB	Louise Morey	15820	Tai Chi: Principles <i>A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step.</i>	Tuesday 1-2 p.m.	18 Sep 4 Dec	23 Oct	11	20	54
Kidderminster Town Hall Vicar St DY10 1DB	Louise Morey	15821	FREE Seated Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, from a seated position for people with limited mobility.</i>	Tuesday 2-3 p.m.	16 Oct		1	20	FREE
Kidderminster Town Hall Vicar St DY10 1DB	Louise Morey	15822	Seated Tai Chi for New Beginners <i>Enjoy the slow, flowing movements of classical Yang Style Tai Chi, from a seated position for people with limited mobility.</i>	Tuesday 2-3 p.m.	30 Oct 4 Dec		6	20	30



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Malvern Library Graham Road WR14 2HU	Mike Coleman	15823	Tai Chi: Principles A class for improvers and more experienced students working with the Yang Style Short Form and Beijing 24 Step.	Tuesday 9.15- 10.15 a.m.	18 Sep 11 Dec	23 Oct	12	15	59	
Malvern Library Graham Road WR14 2HU	Mike Coleman	15824	Tai Chi for Improvers <i>For people who are relatively new to Tai Chi, but have learnt to follow the movements from the Yang Style Short Form.</i>	Tuesday 10.30 - 11.30 a.m.	18 Sep 11 Dec	23 Oct	12	15	59	
Moreton-in-Marsh		<i>For Moreton-in-Marsh, see Batsford Arboretum, which is nearby.</i>								
Pershore Library Church Street WR10 1DT	Neil R. Hall	LCTKD subscription	Tai Chi: Principles A class for experienced students working with the Yang Style Short Form and Beijing 24 Step.	Monday 10.45 - 11.45 a.m.	ongoing	22 Oct 24 Dec				
Pershore Library Church Street WR10 1DT	Neil R. Hall	LCTKD subscription	Tai Chi & Qigong: Advanced Principles <i>A class for teachers and very experienced students with one of LCTKD's Founders.</i>	Monday 12 - 1 p.m.	ongoing	24 Dec				
Pershore Library Church Street WR10 1DT	Sue Smith	FREE	FREE Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Monday 2.30 - 3.30 p.m.	15 Oct		1	12	FREE	
Pershore Library Church Street WR10 1DT	Sue Smith	LCTKD pay by the course in the LCTKD Shop	Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Monday 2.30 - 3.30 p.m.	5 Nov 10 Dec		6	12	£39	



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Redditch REDI Centre 54 South Street B98 7DQ	Louise Morey	15825	Seated Tai Chi for Beginners & Improvers <i>For new beginners and our Seated Tai Chi regulars.</i>	Thursday 1.30 - 2.30 p.m.	20 Sep 13 Dec	25 Oct	12	12	59
Redditch REDI Centre 54 South Street B98 7DQ	Mike Coleman	15826	FREE Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Friday 10 - 11 a.m.	12 Oct		1	12	FREE
Redditch REDI Centre 54 South Street B98 7DQ	Mike Coleman	15827	Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Friday 10 - 11 a.m.	2 Nov 7 Dec		6	12	30
Redditch REDI Centre 54 South Street B98 7DQ	Mike Coleman	LCTKD subscription	Tai Chi for All <i>A class for improvers and more experienced students at all levels.</i>	Friday 11-12 a.m.	ongoing	28 Dec			
Redditch REDI Centre 54 South Street B98 7DQ	Neil R. Hall	LCTKD subscription	Tai Chi & Qigong: Advanced Principles <i>A class for teachers and very experienced students with one of LCTKD's Founders.</i>	Friday 2.30 - 3.30 p.m.	ongoing	26 Oct 28 Dec			
Worcester Cathedral 8 College Yard WR1 2LA	Neil R. Hall	16124	Tai Chi in the Cathedral <i>An introduction to the meditative and healing Chinese art, in the wonderfully peaceful setting of the Cathedral's Chapter House. Note that this session will have a 25 minute break.</i>	Tuesday 10a.m. - 1 p.m.	16 Oct		3	20	15



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Worcester Cathedral 8 College Yard WR1 2LA	Michelle Baker	16123	Tai Chi for New Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For people completely new to Tai Chi.</i>	Tuesday 10 - 11 a.m.	30 Oct 4 Dec		6	15	30
Worcester St John's Library Glebe Close St John's WR2 5AX	Louise Morey	15828	FREE Seated Tai Chi Taster <i>Come and try out the slow, flowing movements of classical Yang Style Tai Chi, from a seated position for people with limited mobility.</i>	Friday 1.30 - 2.30 p.m.	19 Oct		1	15	FREE
Worcester Shrub Hill Worcestershire Martial Arts HQ Unit 18f, Shrub Hill Industrial Estate WR4 9EL	Michelle Baker	15829	Tai Chi for Beginners and Improvers. <i>A mixed experience class open to improvers and new beginners of all ages, focusing on the Yang Style Short Form. You don't need any equipment, and all ages are welcome. Free downloads are available on the LCTKD website to help learners practice at home too.</i>	Wednesday 1-2 p.m.	19 Sep 12 Dec	24 Oct	12	12	59
Worcester Dines Green The Green Hub Gresham Road WR2 5QS	Neil R. Hall	15830	Tai Chi for New & Recent Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For recent beginners and people completely new to Tai Chi.</i>	Friday 12-1 p.m.	14 Sep 19 Oct		6	15	18
Worcester The Green Hub Gresham Road Dines Green WR2 5QS	Neil R. Hall	15831	Tai Chi for New & Recent Beginners <i>Learn the slow, flowing movements of classical Yang Style Tai Chi, China's most popular. For recent beginners and people completely new to Tai Chi.</i>	Friday 12-1 p.m.	2 Nov 7 Dec		6	15	18



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Worcester Shrub Hill Worcestershire Martial Arts HQ Unit 18f, Shrub Hill Industrial Estate WR4 9EL	Neil R. Hall	15833	Tai Chi for Beginners and Improvers. <i>A mixed experience class open to improvers and new beginners of all ages, focusing on the Yang Style Short Form. You don't need any equipment, and all ages are welcome. Free downloads are available on the LCTKD website to help learners practice at home too.</i>	Friday 7-8 p.m.	21 Sep 14 Dec	26 Oct	12	12	59

Booking Courses or Joining Classes

LCTKD's own subscription classes (those in the list above shown in black, with no course code)

Courses on the list above shown in black are included in the LCTKD subscription scheme. Contact us at office@lctkd.com or on 0748 478 5882 for more information or to arrange to come to a class to try it out free of charge. If you like it, your tutor will explain how to register and set up your subscription - which is a simple process that doesn't take long at all.

Note that under our monthly subscription scheme, you can attend any other subscription class appropriate to you without paying any more.

Note that if you are currently on at least one Adult Learning course with us (see below), you can attend all our internal arts subscription classes by paying a reduced rate subscription of just £7 per month.

One off LCTKD courses not part of the subscription.

Courses shown in green are one off courses run by LCTKD, and you pay by the course. Please check out our list of one off courses and workshops at www.lctkd.com/courses

Adult Learning Courses (those in the list above shown in blue, with a course code)

Courses in the list above shown in blue are supported by Worcestershire County Council's Adult Learning, and are not included in our subscription scheme.



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Those courses you need to book in advance, and you can do that on line at this link:

<http://capublic.worcestershire.gov.uk/coursebookingpublic/>

or by following the links on our website's classfinder page (<http://www.lctkd.com/classfinder.html>) or courses page (<http://www.lctkd.com/courses.html>). You can also call in to your local Worcestershire County Council Library where they can help you book. If you have any difficulty booking, do contact us at office@lctkd.com or on 0748 478 5882 and we'll be pleased to help you.

Note that you must pay for each Adult Learning course you attend, but if you are currently on at least one Adult Learning course with us, you can attend all our internal arts subscription classes by paying a reduced rate subscription of just £7 per month.