



Tai Chi Classes

Join our free Tai Chi classes taking place at The William and Patricia Venton Centre. Open to all ages and abilities, whether you're a beginner or looking to deepen your practice.

Discover the calming benefits of Tai Chi, a gentle form of exercise that combines slow, flexible movements with deep breathing and mindfulness. Perfect for all fitness levels, Tai Chi helps improve balance, flexibility and mental focus, while also reducing stress and promoting relaxation.

Looking to try something new? Come along to our brand new Tai Chi classes - a great way to move your body, calm your mind and connect with others in a welcoming environment.

Every Monday from June 30 - August 4 2025.

13:30 - 14:30

Age UK Plymouth, The William and Patricia Venton Centre, Astor Drive, Mount Gould, Plymouth PL4 9RD

For more information please [contact us:](#)

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Let's change how we age