

Testimonial: Andrew Hardwick

The joy and pleasure of learning Tai Chi stems from having a great instructor, one who is extremely patient, well-versed in naming all the terms of the forms of Tai Chi, and who can execute the positions consistently and accurately, repeatedly.

Andrew Hardwick ticks all these boxes. He is very welcoming to newcomers and I sincerely recommend you consider joining one of his classes.

Make a commitment – your health and well-being will benefit. I have gained so much: at seventy-one years old, my agility and mental alertness are greatly improved. The social side is also good, a bonus, meeting new people and sharing stories and ideas over coffee afterwards.

Make time for yourself, just go and enjoy; all the while remembering it takes years to perfect and remember all the moves.

Vera Nobilo