



Tai Chi Chuan

Tai Chi is an ancient Chinese discipline that strengthens our internal energy (Qi, Chi) and allows it to flow more freely through the body. Initially practiced for its health-giving benefits – such as calming the mind and body, increasing alertness, body awareness, co-ordination, circulation, posture, and balance – it also develops concentration, sensitivity, well-being, and a greater sense of “ground awareness”. Besides releasing tension, Tai Chi maintains and enhances muscle suppleness and tone and promotes a heightened integration of body, mind and spirit.

Location	In-villa
Instructor	Activity Instructor
Level	Beginner
Availability	Every day
Booking	24 hours advance notice (Subject to availability)
Duration	60 minutes
Private Session	1,000 Baht/Person
Class lesson	200 Baht/Person
Including	Cold towel, water