



## SHIBASHI TAI CHI CLASSES with Qualified Instructor Jane Snell

I teach Tai Chi from a slightly different perspective due to having my right hip replaced in 2014 and my left hip replaced in 2017, (all caused by having a serious motorbike accident in my 20s). This threw my body out of alignment and caused an imbalance, which over time wore my hip joints out. I am also a Bowen Practitioner, so I teach Tai Chi from a holistic view point.

I've learned over the years that the most important relationship we have is with ourselves, so deciding to commit an hour for yourself, and investing in attending a class once or twice a week, just for you, is a way of ensuring you do this.

Shibashi Tai Chi is a series of 18 gentle flowing movements that are fun and easy to learn. The movements help maintain a healthy lifestyle by encouraging relaxation in both the mind and body, which in turn helps us: -

- Focus on our breath (forgetting the daily pressures of life)
- Lowers our blood pressure
- Boosts our immune system
- Offers pain relief for conditions like arthritis, back, neck, knee and shoulder pain
- Strengthens our core muscles
- Increases our breathing capacity (helping Asthma sufferers)
- Improves circulation, balance & co-ordination

**Classes are paid for in a block of 6 @ £9 a class (£54)**

I teach classes at the following places:-

**Sampford Brett Village Hall – Monday 3pm to 4pm**

**Allerford & Selworthy Village Hall – Tuesday 3pm to 4pm**

**Quaker Meeting House, Minehead – Thursday 10am to 11am**

Please contact me first to ensure there is space for  
you on 07596 175973

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