



Madras Club

# TAI CHI CHUAN

*Increasing the Energy of Life*

*Trial / sign-up class on Thursday, April 4<sup>th</sup>*

*Regular classes commence from Friday, April 5<sup>th</sup>*

**Tuesday and Friday: 6.30am – 7.30am**

**Rs. 3,200/-**



**Tai Chi Chuan** is an extremely powerful Chinese Martial Art that incorporates several self-defence techniques and has immense health benefits. It increases your life energy (*Chi* or *Prana*), stimulates the chakras, relaxes the mind, vanquishes stress and increases concentration. It also tones muscles, strengthens ligaments & quickens reflexes by improving mind-body coordination enabling you to handle difficult situations.

Tai Chi is easy to practice for all ages, needs no equipment and 20 minutes daily is enough to maintain physical, mental health & well-being.



**KADIHAI MARTIAL ACADEMY**

[www.kadihai.com](http://www.kadihai.com)

*Chief Instructor Sensei Jaideep Bhale Rao who runs the Kadihai Martial Academy has over four decades of experience in Martial Arts and is a 7<sup>th</sup> degree Black Belt in Karate. He is a direct disciple of the legendary Grand Master Dai-Sensei Moses Thilak. He has trained in Taichi since 1992 under various international Masters. Resident Instructor in Chennai, Ms. Varsha Shenoy, will be conducting the classes.*

**- To enrol, please call Ravi at Madras Club Gymnasium +91 944422337**

**P.B. Biswajit Babu**  
Member-in-charge, Gymnasium

**Sharath Vijayaraghavan**  
Honorary Secretary