T’ai Chi

By paying attention to your own movement, you learn a lot about yourself and how you can become more relaxed. Tai Chi is not just relaxing, but also active and even playful. Exercises from the Eastern martial arts have been translated to our modern Western context. This means that we focus on more effective use of your potential and further improvement of your health. Although the training can become pretty-intense, everyone can join and participate at their own level. Find the right balance and beat the stress! This way you will feel more comfortable with yourself. Training Tai Chi is a lot of fun without competition.