



Chinese Exercises

Gentle traditional Chinese exercises for improved physical and emotional wellbeing.

All the health benefits of Tai Chi....in half the time!

Here's what some of our customers have to say

I suffer with osteoarthritis and since 2017 I have had both hips and one knee replaced. Pain was just a constant part of my life. In March 2023 I was put on a waiting list for a second knee replacement.

Around the same time I found Chinese Exercise and without being too dramatic it has literally changed my life.

Two years on I have now, with the advice of a knee specialist, been able to take my name off of the waiting list and my physical and mental health is so greatly improved.

Friends and family often remark how well I am now .

I cannot recommend it highly enough.

Sheila
Yateley

I started attending Chinese Exercise classes several years ago and although I'm in my seventies they help me to keep joints and muscles supple. The atmosphere is very relaxed and friendly and we have many regular attendees who are all amiable people. I can well recommend these classes.

Phil
Three Mile Cross.



I look forward to our Chinese Exercises class each week.

They are a very friendly group and I really feel the benefit of the exercises which are very relaxing, and I feel that my balance is improving.

It's so important as one gets older to keep everything moving!

Maggie
Arborfield

Chinese Exercises take place in a quiet calm environment.

The movements gently rotate our various joints, which is ideal for those of us with arthritis. I am now more supple, bending more at the knees and waist. The exercises are various and change from week to week. We also spend time concentrating on balance.

The exercises are performed standing; there's no getting up and down from the floor but you can have a chair beside you if needed.

I would thoroughly recommend these classes.

Pat
Lower Earley

