



Cheyne Towers

Tai Chi and
Chi Kung Teacher

What Cheyne can do for you...

The practice of Tai Chi and Chi Kung cultivates a strong, healthy abundance of Chi or Internal Energy, while promoting a calm, relaxed and robust vitality. Cheyne teaches the 42 Step Combined Style of Tai Chi, which is a dynamic sequence of flowing movement, breathing and meditation. Chi Kung translates as "Energy/Breath Skill". These ancient Chinese health exercises are now gaining worldwide recognition for their positive effect upon a wide range of medical conditions. Having trained with a wide range of Master Instructors Cheyne is able to offer the right approach for each individual's unique needs.

About Cheyne...

For the past 25 years Cheyne has been training in and teaching various forms of martial art, with a particular focus on Tai Chi and Chi Kung. With a wealth of experience as a teacher of these wonderful methods of self-empowerment and healing, he has worked with people from 7 – 80+ years old, including those with M.E., M.S., Crohn's Disease, Parkinson's Disease, Arthritis, Osteoporosis, Asthma, and various other conditions.

JOSSIE
CLINIC

Key training and experience

Cheyne studied with numerous high-level instructors and masters from China, Malaysia, Australia, Singapore, including:

- Lin Qui Ping (3 times world taiji champion)
- The late Grand Master Chee Kim Thong (5 Ancestor Fist Kung Fu)
- Master Kim Han (5 Ancestor Fist Kung Fu and Coach of the British wushu team)
- Chris Turner (Cheng Man Ching Yang style taiji and Wudang Shen Quan Chi Kung)
- Guru Jak Othman (Harimau Berantai Pencak Silat)
- Master Tan Suoh Teng (5 Ancestor Fist Kung Fu)
- Master Tan Ching Ngee (Cheng Man Ching Yang style taiji)

Philosophy...

"I believe that Tai Chi and Chi Kung can transform and empower one's life in every way, and therefore I specialise in making the practice both practical and relevant to the needs of the individual."

To find out more or to book your place in a class please ask at reception or call +44 (0)20 7723 2444. Cheyne is also available for private classes.

JOSHI CLINIC

W E L L N E S S C E N T R E

York Street Chambers, 20 Enford Street, London W1H 1DG

T: +44 (0)20 7723 2444 F: +44 (0)20 723 2555 E: wellness@joshiclinic.co.uk