



Learn the ancient art of tai chi and qigong in the comfort of your own home, start your journey today!

START NOW!

Join now – membership starts from
just £28 A MONTH for your high
quality tai chi instruction – the first
14 days are **FREE!!**

START TODAY!

How it works

3 easy steps to starting tai chi lessons online.

1

Sign Up

✓

Go to the **Price Plans** page.

✓

Select Bronze, Silver or Gold membership.

✓

Complete the checkout payment form and pay.

2

Get Started

✓

Go to the **Members Area** page on the website.

✓

Wear comfy clothes and have some space around you.

✓

Then simply follow the online high-quality training videos.

3

Join a Live Class

✓

Find the live **Online Classes** & time you would like to join on your member's page.

✓

Click on the '**Join Us on Zoom**'. Enter the Meeting ID Number and Passcode.

✓

You're ready to **START!**

Live classes take place via Zoom. [Click here to sign up to Zoom for free](#)

<https://www.taichinick.com/>

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Tai chi health benefits

- Healthier joints
- Stress relief
- Improved strength and endurance
- Lowers your blood pressure
- Boosts your immune system
- Improved balance and coordination



JOIN TODAY
Get 14 days free!!



Tai chi teacher Nick Taylor

Hi, I’m Sifu Nick Taylor (the Sifu means I’m a master of tai chi), and you’ll be learning tai chi with me.

A sore, stiff, tired body can make even the simplest tasks hard to do – stretching to reach a top shelf at the supermarket, or putting on socks, does this sound familiar?

With tai chi, you’ll gently work every muscle while relaxing your mind and focusing on balance and posture. It’s proven to improve a range of health conditions, and it’s an ancient Chinese martial art with a deep and fascinating legacy. You’ll learn the basics and feel the benefits soon after starting.

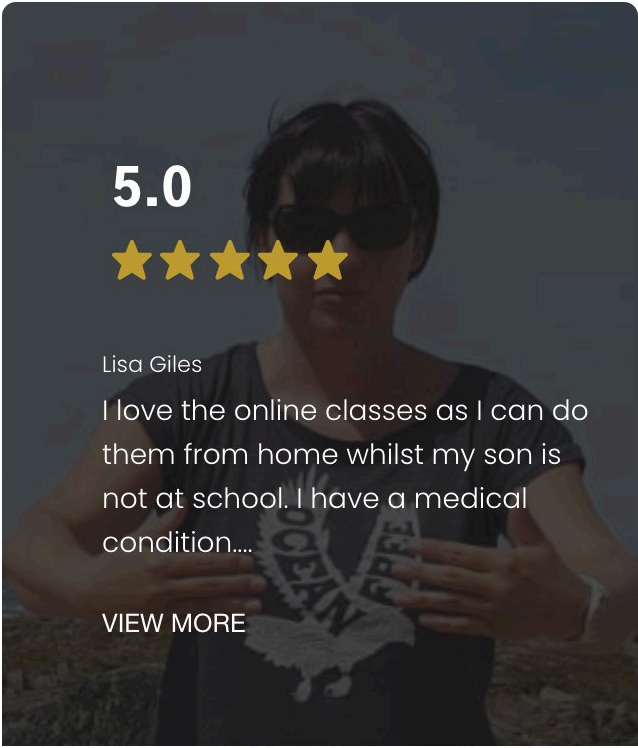
The result is you will become more flexible and leave your tai chi class happy and ready to tackle your day. Starting a new exercise may seem daunting. Doing tai chi online might be totally new too. Don’t worry, **I can help get you started and ease you into tai chi.**

I’ve been **teaching tai chi for more than 22 years**, so you’ll get an experienced instructor to guide you every step of your tai chi journey. I look forward to teaching you.

Read More

What people say





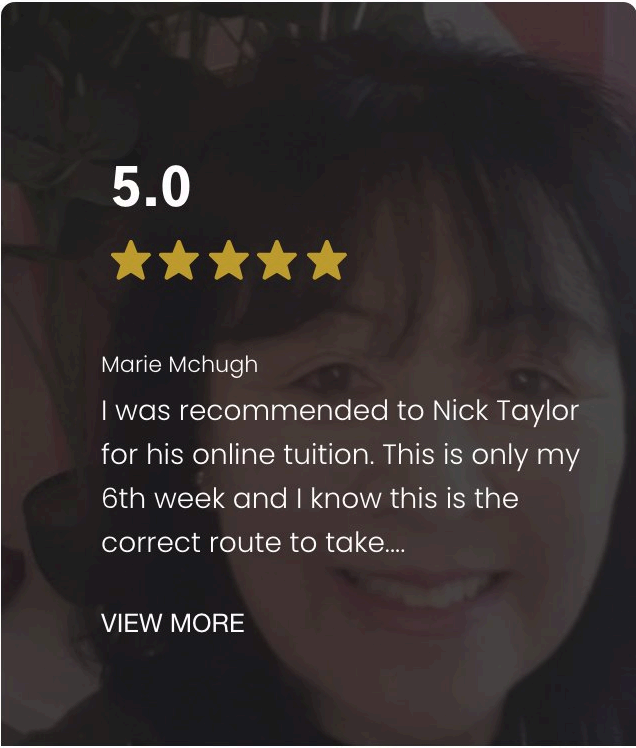
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★★★★★

Lisa Giles

I love the online classes as I can do them from home whilst my son is not at school. I have a medical condition....

VIEW MORE



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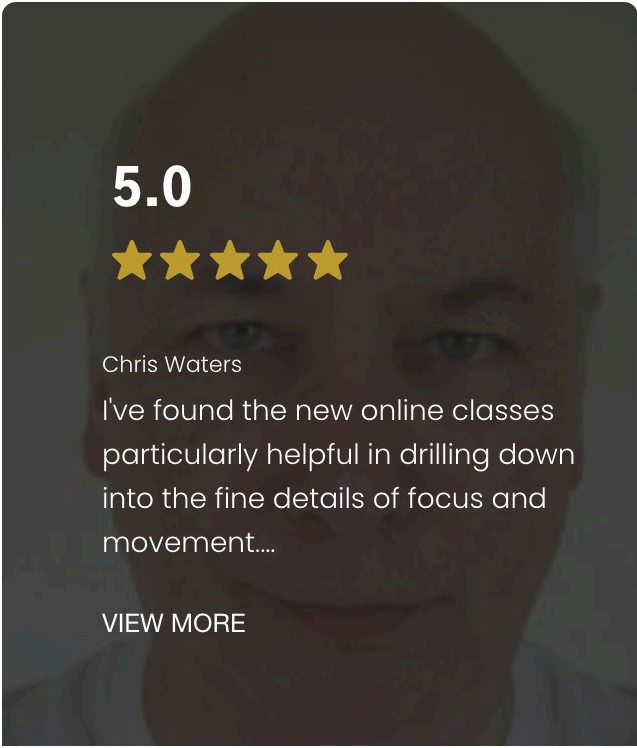
★★★★★

Marie Mchugh

I was recommended to Nick Taylor for his online tuition. This is only my 6th week and I know this is the correct route to take....

VIEW MORE





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★★★★★

Chris Waters

I've found the new online classes particularly helpful in drilling down into the fine details of focus and movement....

VIEW MORE

Tai Chi Online Lessons & Classes

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