

Frequently Asked Questions

If you find that your question is not answered on this site then please contact Jo.

Q. I am aware that there are different styles of T'ai Chi. Which style do you teach?

A. Jo teaches the Yang style.

Q. How long it take me to learn the Yang style of T'ai Chi?

A. It takes 16 one and a half hour classes to learn the form which, once learned, takes 20 minutes to perform.

Q. How should I dress and what should I bring when attending class?

A. Nothing is needed except loose comfortable clothing and soft flexible shoes.

Q. Is T'ai Chi suitable for everyone?

A. It is suitable for both men and women of all ages. It can be taken up at any stage in your life. The only contra-indication, however, concerns those who suffer from severe arthritis of the knees. For those who suffer from this it is not considered suitable.

Q. What are the health benefits of Tai Chi?

A. T'ai Chi has many health benefits. [Click here to read more.](#)

Q. What are Jo Pender's qualifications?

A. [Click here to read more about Jo and her qualifications.](#)

Q. Where and when are Jo Penders T'ai Chi classes?

A. Jo teaches within Galway city and county (Rep. of Ireland). Please contact Jo for more info on the location and times of her classes.

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