

More about Mark Peters, Qigong and Taichi can be found here:

Qigong for rehabilitation - <https://midlandstaichirehab.co.uk/34-balanced-approach/rehab.html>

Painting the Rainbow - Community based tai chi for everyone  
<https://www.paintingtherainbow.co.uk>

Kai Ming Association for Tai Chi Chuan  
<https://www.kaiming.co.uk>

Tai Chi in the Park <https://www.paintingtherainbow.co.uk/park-tai-chi-classes.php>

Twitter: <https://twitter.com/KaimingTaiChi>

Facebook: <https://www.facebook.com/KaiMingTaiChi>

YouTube: <https://www.youtube.com/user/kaimingtaichi>

## CLASSES

daytime <https://www.paintingtherainbow.co.uk/location.php>

evenings <https://www.kaiming.co.uk/list-of-classes.html>

parks <http://www.paintingtherainbow.co.uk/park-tai-chi-classes.php>

For registered Tai Chi and Qigong instructors across the United Kingdom see <https://www.taichiunion.com/>