**Biography**:

Inés started learning **Taichi** in 1999 and has trained intensively since, including a year full time in a dedicated school in China 2006/7, almost 5 months again in 2009 and regular monthly visits since then. She began her training in Yang-style Taichi in London with Sifu Paul Whitrod, then moved to Chen-style in 2006, which is now her main practice. Inés has trained with top masters, including her current teacher, Chen-style lineage holder and 12th-generation successor of Chen-style Taichi Master Fu Nengbin, Grandmaster Chen Zhenglei and Master Wang Hai Jun. She has also practised another internal martial art, Bagwa and some Qigong. Inés has participated in numerous exhibitions and events, including TV shows in China.  She has also successfully competed at an international level, gaining two bronze medals in the open hand and sword competitions at the International Tachji Quan Exchange Competition in Jiaozuo, China in 2007.

T**aichi** practice reaches body, mind and spirit. It can improve your general body condition, balance and coordination, it helps reduce stress and increase body and mind relaxation. As an exercise it is gentle and energetic at the same time. Learning taichi can be a lifetime process: although you can feel the benefits as a beginner there are always new areas to explore and improve upon. It originated as a martial art but its practice now is more focused on health. It is suitable for everyone.

**Testimonials**:

"I enjoy it when we do the Tai Chi form in a group.  There is a sense of peace and completeness about it. After I have been at a Tai Chi session I feel the benefit of having exercised, not over tired, just energised.  We have a very encouraging and patient teacher who makes the classes fun!"

The tai chi classes at the LSE are a way of exercising gently and gracefully and building up your fitness and strength. You also improve your concentration and awareness of your movements. The classes here are challenging and enjoyable, and the Chinese tea is always welcome!

"I find the Tai Chi sessions really enjoyable. The instruction is really good. Having experienced other Tai Chi classes, I have found that the speed of progression in being taught the movements is exactly right compared to those other classes. The atmosphere is great: relaxed and positive and very friendly. I thoroughly recommend coming along to experience the class." Martin Nicholas (LSE Taekwondo instructor).

I’ve been learning tai chi from Inés for a number of years; the classes are relaxing and are always a welcome break from the working day, yet require concentration and help with balance and co-ordination. Inés tailors classes to the students’ needs, levels of ability and experience. I always come back from a class having learnt something new.