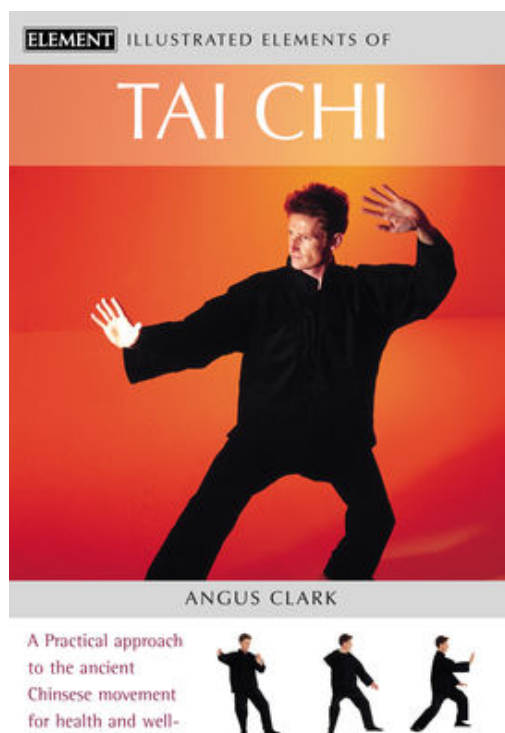


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About the author

Angus Clark is an experienced Tai Chi tutor and a recognized instructor of the Tai Chi Union of Great Britain. He learned directly from Grandmaster Dr Chi Chiang Tao, which places him in the Cheng Man Ching lineage. He founded the School of Living Movement in Devon, where he offers a contemporary approach to learning Tai Chi. He teaches nationally and internationally.

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