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STE SPORTS TOURISM EDUCATION

TAI CHI CHINA JOURNEY

MOVE • DISCOVER • EXPERIENCE

A seven-day movement and cultural immersion through Shanghai and Chinese tradition.

2026 / 27

Movement, culture and China

A seven-day programme blending coached Tai Chi practice with Shanghai, Chinese heritage and hands-on cultural experiences.



A DIFFERENT WAY TO EXPERIENCE CHINA

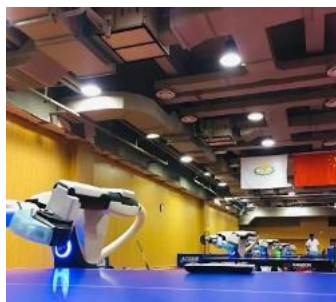
Train with purpose, then step into the city. Daily coached sessions focus on posture, balance, breathing, flowing sequences and controlled movement. Beyond training, the programme explores Shanghai through heritage, crafts, food, technology and local experiences.

TAI CHI + CULTURE

Accessible to beginners, with progression for experienced participants. The programme can be adapted for schools, clubs, families and private groups.

A week in China

A clear framework with flexibility to adapt the programme to the age, profile and experience of each group.



DAY 1

ARRIVE & RESET

Shanghai arrival, welcome and introduction to Tai Chi philosophy and movement.

DAY 2

FOUNDATIONS & SHANGHAI

Posture, balance and breathing. The Bund, City God Temple and skyline dining.

DAY 3

FLOW & CULTURE

Flowing sequences and mobility. Innovation visit and Chinese craft experience.

DAY 4

FORM & DISCOVERY

Form development and introductory sword-form. AI table tennis and local workshop.

DAY 5

MOVEMENT & WELLBEING

Morning practice, Ma Men Village pottery and a Chinese wellbeing experience.

DAY 6

TRADITION & MODERN CHINA

Tai Chi and traditional equipment session, immersive banquet and modern Shanghai.

DAY 7

FINALE & DEPARTURE

Final coached practice, group showcase, certificates, closing ceremony and transfer.

From stillness to flow

Coached sessions develop movement quality, awareness and control. Content can be introductory or more advanced depending on the group.



FOUNDATIONS

Posture, alignment, breathing, balance and controlled weight transfer.



FLOW & FORM

Connected sequences, rhythm, coordination and body awareness.



SWORD PRACTICE

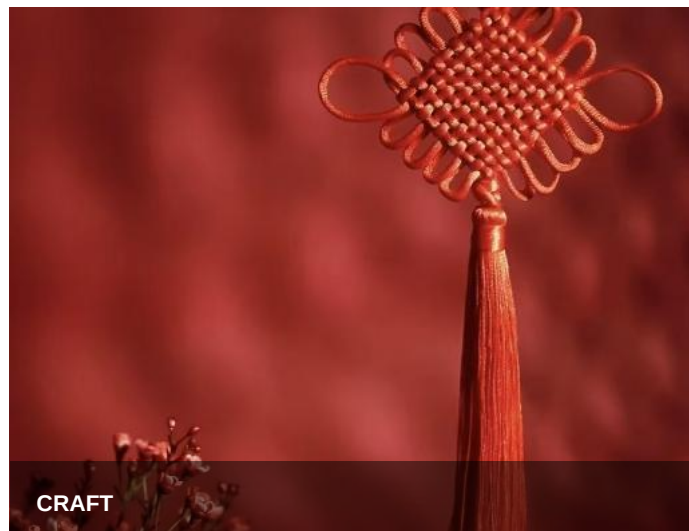
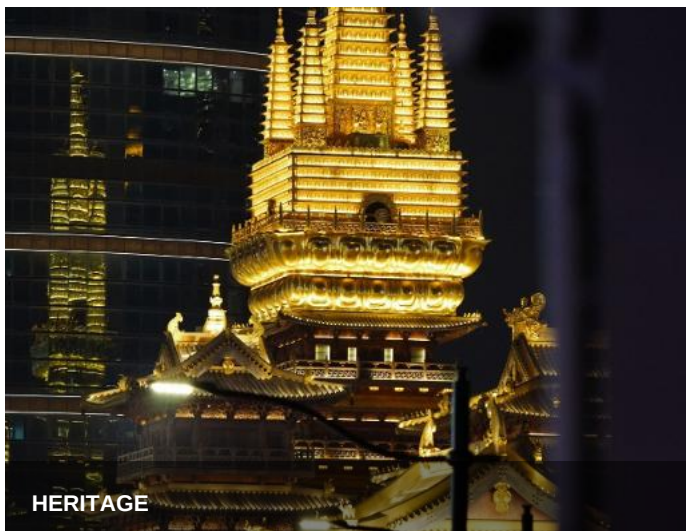
Traditional sword-form movement and safe equipment handling.

GRAND FINALE

A final coached practice and showcase, followed by group photos and certificates. Training content is tailored to the group's profile and appropriate experience level.

Culture you can touch, make and taste

The cultural layer is designed to feel lived, not simply observed.



Historic streets, hands-on workshops, local traditions and memorable dining create a richer connection to China around the Tai Chi programme.

Travel around the school calendar

Suggested departures are aligned with common England school holiday windows. Individual school dates vary, so groups should confirm their own calendar before booking.

AUTUMN HALF TERM

24 - 31 OCT 2026

Seven days around the late-October break.

FEBRUARY HALF TERM

13 - 20 FEB 2027

A winter departure around the mid-February break.

EASTER

27 MAR - 3 APR 2027

A spring departure at the start of the Easter holiday.

SUMMER

24 - 31 JUL 2027

A post-term summer departure.



CREATE YOUR OWN TOUR

Your dates. Your group.

Schools, Tai Chi clubs, wellness groups, families and private groups can request a bespoke departure, with the balance of training, culture, accommodation and logistics adapted to the group.

A comfortable base for the week

Accommodation, local logistics and programme coordination are designed to keep the experience straightforward for group leaders and enjoyable for participants.



YOUR TOUR CAN INCLUDE

- Hotel accommodation
- Selected meals and cultural experiences
- Airport transfers in Shanghai
- Local transport for scheduled activities
- Daily programme coordination
- Closing ceremony and certificates
- Tai Chi coaching sessions
- Bespoke group itinerary support

BUILT FOR GROUP TRAVEL

Final inclusions, hotel, meal plan and activity mix are confirmed in the quotation for each departure. Flights can be structured according to the origin and requirements of the group.

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YOUR CHINA STORY STARTS HERE.

TAI CHI • CULTURE • SHANGHAI

Join one of our scheduled 2026/27 departures or ask us to create a private programme for your school, club, family or group.

ENQUIRIES & GROUP BOOKINGS

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Programme content is subject to final confirmation, group requirements, local operating conditions and availability.