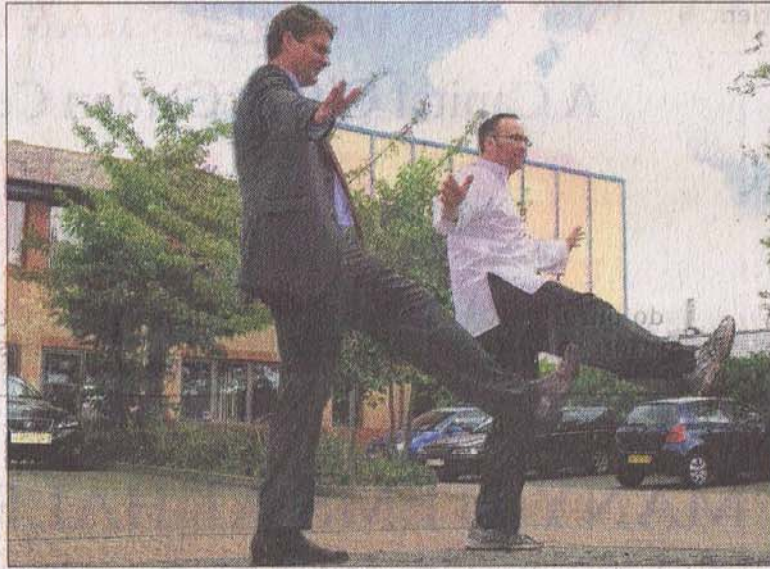


Learn how (not) to kick out in boardroom



KEEP FOCUSED: instructor Christopher Allen with David Mitchell (in suit) who is trying out some Tai Chi.

A MARTIAL arts club is helping business brains stay focused in the boardroom with early morning Tai Chi sessions.

Tring Martial Arts has expanded into the corporate market with lessons to help professionals get their bodies and minds into shape.

Earlier this month instructors taught 60 workers from international firm Boxwood Consulting during a three day company event at Ashridge, near Berkhamsted. Each morning they completed one-hour long sessions starting at 7am.

The booking followed several successful Tai Chi workshops run by the club involv-

ing new recruits at the firm.

Instructor Christopher Allen said: "What we have found is that Tai Chi energises the mind.

"A lot of people feel more awake and more focused and able to hold their concentration better throughout the day.

"Just doing a little bit of exercise and focusing on your breathing can really help clear the cob webs away and helps people to cope with stress." It has been so successful that Mr Allen and his team have been asked to teach at all of the company's induction sessions - up to five a year.

Paul Oakes from Boxwood

Consulting said: "The aim is to give recruits an active lesson in the need to maintain a work life balance, starting with the training course.

"Delegates arrived in the training room enthused and charged with energy having tried something different."

The club, which is part of UK Martial Arts and also holds regular classes for the public in Tring, Berkhamsted, St Albans, Dunstable, Chesham and Little Chalfont, is now in talks with a telecommunications company and a hotel chain to run events.

Call 0845 094 8805 or visit www.CorporateMartialArts.com