**Master Andy Baggott**

Andy started training in Yang Family Long Form Tai Chi in 1989 under one of Master Chu King Hung’s senior students. Master Chu was one of three Yang Family masters sent to the west to formerly teach Tai Chi. Andy also trained in Traditional Chinese Medicine and has been a practicing Naturopath for more than 25 years. He began regularly teaching Tai Chi in 2000 and runs weekly classes in Somerset as well as teaching private students and other Tai Chi teachers. He has worked alongside Paul Hodge for many years training instructors for Age UK and is co-director of Tai Chi for Better Health with Paul. Andy has written several books including The Encyclopaedia of Energy Healing and Teach Yourself I Ching. He also writes articles and gives lectures on Tai Chi and Traditional Chinese Medicine.