

PTAH KHI SCHOOL

Social Prescribing Provider Information Sheet

FOR SOCIAL PRESCRIBING LINK WORKERS

Confidently refer patients

SERVICE TYPE Tai Chi · Chi Kung · Mindfulness · Meditation	LOCATION London (in-person) & Online	COST TO PATIENT £10/session or free membership	ACCREDITATION BCCMA · CIMSPA · NHS Partner
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What PtaH Khi Offers Your Patients

The PtaH Khi School of Internal Mastery provides structured, evidence-informed group sessions combining Tai Chi, Chi Kung, and Mindfulness Meditation. Sessions are suitable for adults of all ages and fitness levels including those managing chronic conditions, stress, anxiety, depression, and musculoskeletal issues.

Wednesday Live Online Class	In-Person London Classes
Every Wednesday · 7:00–8:00pm GMT Chi Kung, PtaH Khi Meditational Movements, and Mindfulness Meditation. Online no travel required. Suitable for patients with mobility limitations or transport barriers. £10 per session · £34/month	Streatham, South London Structured Tai Chi and Chi Kung training in a supportive group environment. Suitable for all levels including complete beginners. Regular classes with professional BCCMA-accredited instruction. Free trial class available

Conditions This Service Supports

Mental Health	Physical Health	Long-Term Conditions
Stress and anxiety Depression and low mood Panic attacks Social isolation and loneliness Poor sleep	Chronic musculoskeletal pain Post-injury rehabilitation Balance and fall prevention Hip and knee conditions Chronic fatigue	Hypertension management Type 2 diabetes (lifestyle) Cardiovascular rehabilitation Neurodegenerative conditions Post-Covid recovery

CREDENTIALS & SAFEGUARDING

BCCMA Accredited — British Council for Chinese Martial Arts
CIMSPA Endorsed — Chartered Institute for Sport & Physical Activity
TCUGB Member — Tai Chi Union for Great Britain
NHS Experience
 25 Years Clinical Experience
Public Liability Insurance — BCCMA covered
Enhanced DBS Check — valid and current
First Aid Certificate — current

HOW TO REFER

Contact
Sifu Sahu Tao Shen
 Chief Instructor

Phone: 07903 806649
 Web: ptahkhischool.com
 Online Class: ptahkhischool.com/online-wednesday-classes

Free Trial Available

Patients can attend one free in-person class or one Wednesday online session before committing.

*No formal referral form required.
 A phone call or email is sufficient.*

