

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 Community venues, Streatham (South London) & Online	COST TO PATIENT Free on the NHS-commissioned course; £10/session or free membership for open classes	ACCREDITATION BCCMA · CIMSPA · NHS Partner

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 suit adults of all ages and fitness levels, including those managing chronic conditions, stress, anxiety, depression, and musculoskeletal issues.

NHS-Commissioned Programme: Rolling Six-Week Course		
A continuous programme delivered at a local community venue such as a leisure centre, council building, or NHS site. Patients are referred by their GP or health provider, complete the same structured six-week course, and graduate. As one patient finishes, a new patient joins, so the programme runs without gaps. Referred for Calming and relaxing the mind · Arthritis and joint pain · Mobilisation difficulties · Low activity levels		Sessions: 9am to 1pm Course length: Six weeks, same curriculum for every cohort Intake: Rolling; new patients join as others complete Instructor: One accredited lead instructor throughout Funding: Commissioned and paid for by the NHS. No cost to the patient.
1. GP or provider refers	2. Six weeks of sessions	3. Patient graduates, next joins

Also Available: Open Classes

Wednesday Live Online Class Every Wednesday, 7:00 to 8:00pm GMT. Chi Kung, Ptah Khi Meditational Movements, and Mindfulness Meditation. No travel needed; suited to patients with mobility limitations or transport barriers. £10 per session · £34/month	In-Person: Streatham, South London Structured Tai Chi and Chi Kung training in a supportive group environment. Suitable for all levels including complete beginners, with BCCMA-accredited instruction. Free trial class available
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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 Institutional Partner Experience: internal arts and meditation since 1994; therapy training since 1999; Chi Kung since 2004; formal Tai Chi since 2007 Public Liability Insurance: BCCMA covered Enhanced DBS Check: valid and current First Aid Certificate: current	HOW TO REFER 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.
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