



The Art of

# Tai Chi Chuan

(Tai Ji Quan)

*Classical Yang Family Style Tai Chi*

**BEGINNERS WELCOME**

LITTLEBURY VILLAGE HALL

STARTING IN MARCH

THURSDAY MORNING ADULT CLASS 9.30 - 11.00

Teaches all ages to harmonise mind and body by combining fitness with sensitivity training, this will enhance balance and co-ordination, thereby assisting your own wellbeing to be maintained throughout your life.

Become more flexible whilst reducing tension and stress.

Qigong (Nei Gong)

These ancient exercises will increase self-awareness, concentration and fitness.



TO BOOK A PLACE OR FOR FURTHER  
INFORMATION

TELEPHONE STEPHANIE SHAMBROOK

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