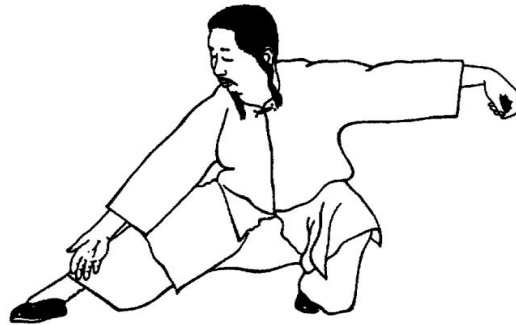




Coming soon: TAI CHI for beginners



Beginners classes – 90 minutes long which includes;

- . Warm up exercises – simple, relaxing exercises to loosen the joints.
- . Partner work – gentle exercises to be done in pairs, including pushing hands.
- . Tai Chi solo short form.

The solo form maintains the principle features of Tai Chi but allows for some adjustments for those with mobility or health related issues - to more easily practice the movements.

Wednesday morning 10.00am till 11.30am (pay as you go)

For details and further information please visit the website:

www.movement-for-wellbeing.com

or alternatively you can email Andy on: carers.wellbeing@gmail.com

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