

# Tai Chi for Health and Relaxation



**Regular Classes Held at:**

**Carleton Memorial Hall**

**Moorfield Avenue**

**Carleton, FY6 7QE**

**Saturdays 10.00 - 12.00**

**Call Martin for more information**

**(07534) 410 657**

Check out [www.fyldetaichi.com](http://www.fyldetaichi.com) for more details  
or email [info@fyldetaichi.com](mailto:info@fyldetaichi.com)