

Tai Chi

For

Health and Relaxation

A NEW COURSE FOR BEGINNERS

Mondays 7.30 - 8.30pm

WEEKLY SESSIONS

Informal sessions of relaxing/meditative exercises to aid general health and balance and help to reduce stress/anxiety

OPEN

To anyone wishing to develop a non-competitive, regular daily exercise programme

COMMENCING

Monday May 21st 2018

VENUE

**Carleton Memorial Hall
Moorfield Avenue, FY6 7QE**

FEE

£5 Per session

www.fyldetaichi.com

07534 410 657



YOU WILL LEARN

Simple and easy to perform stretching and mobilising exercise for daily practice based on Chi Gung theory

An easy to learn meditative Tai Chi training form that can be used as a stand-alone daily health exercise

A graduated method of training in a short Tai Chi form.

Relaxation meditation techniques

