

TAI CHI QIGONG

at

CLAPHAM VILLAGE HALL



*Quite simply,
Tai Chi Qigong is good for your health*

Thursdays from 9.00-10.00am

First Session 7th March

Cost: £5.00 per session

**GENTLE EXERCISE FOR FLEXIBILITY, BALANCE, COORDINATION
EASE OF BREATHING, RELAXATION**

**NO PREVIOUS EXPERIENCE OR PARTICULAR
LEVEL OF FITNESS REQUIRED
EVERYONE WELCOME**

For information contact:

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