



Shiyong Tai Chi

for health and relaxation

Starting in October at Privett Village Hall
Mondays, 7pm – 8pm

Tai Chi developed as an 'internal art' in ancient China.
It's now practiced as a gentle form of 'mind-body' exercise,
to improve health by offering many benefits, including:

- *Reducing stress through deep relaxation*
- *Increasing self-awareness and clearer thinking*
- *Improving mood and sense of wellbeing*
- *Improving posture, balance and co-ordination*
- *Ideal for people with controlled medical conditions*

'Shiyong Tai Chi' is a practical approach and method of learning
that's simple, relevant and useful in daily life.

8-WEEK COURSE
STARTING IN OCTOBER, 7pm-8pm
COURSE FEE: £40 (payable in advance)

**PLEASE NOTE: A minimum number of advance bookings
will be required for the course to run.**

For further information or to book a place, contact:

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website: www.qifitness.co.uk