

Tai Chi



THAMES TAI CHI & QI GONG

Be still as a mountain, flow like a great river

Boost your health, vitality and grace



**DROP IN
FIRST CLASS FREE**

Then £8 a class if paid in advance

BEGINNERS WELCOME

WHITCHURCH-on-THAMES

Village Hall, Manor Rd RG8 7EU

Mondays 11.30am-12.30pm until 11th June

N.B. No classes March 26, April 2 & 16, May 7 & 28

Also in Cholsey, Ewelme, Benson, Brightwell and Chalgrove

All details at: www.HealingQi.co.uk/tai-chi

Mark M: 07966 253399 E: ThamesTaiChi@gmail.com