
Mindful Flow Community
Tai Chi & Qi-Gong
"Mindful movement for every body, every ability"
New beginners class starting on
Tuesday 6th January 2026
from 10:00-11:00am
in Whitchurch-on-Thames Village Hall
The first class is free (£12 thereafter)
Gentle, mindful movements perfect for beginners looking to improve balance, strength, flexibility and overall well-being.
Interested?
Contact Peter on 078 0300 5338 or
Email: peter.mfctaichi@btinternet.com