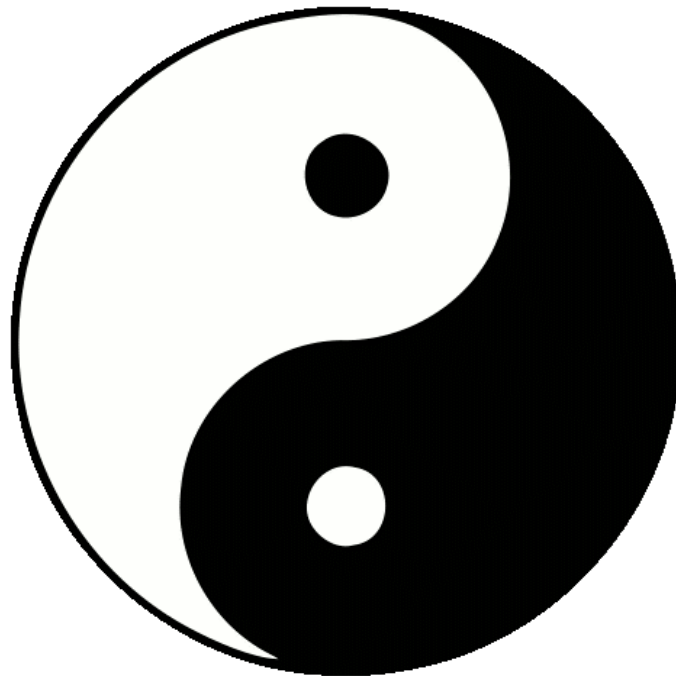


First class for new beginners is FREE

Tai Chi



An ancient Chinese exercise,
practised in gentle flowing movements,
for

Energy, Relaxation, and Mindfulness

Autumn 2021 beginners classes start...

TUE 5 Oct	11:15am	St Albans
THU 7 Oct	7:00pm	St Albans
FRI 8 Oct	10:00am	Welwyn Garden City



More details on: www.hertstaichichuan.com
or call **Kevin 07746 199462** or **Mike 07808 783291**

Autumn 2021 full class schedule*

*Provisional as at Aug 2021. Final schedule will be confirmed after week 1 of the term

TUES AM

St Albans

Homewood Road URC, Homewood Rd, AL1 4BH

10 weeks from 5 Oct to 14 Dec (no classes on 26 Oct, half term holiday)

11:15am B1 (Beginners 1)*

12:20pm B3*

13:25pm Fundamentals*

THURS PM

St Albans

Ss Alban & Stephen Primary School (Upper Site), Cecil Rd, AL1 5EG

10 weeks from 7 Oct to 16 Dec (no classes on 28 Oct, half term holiday)

7:00pm B1 (Beginners 1)*

7:00pm 5 element Qigong*

8:05pm B3*

8:05pm Fundamentals*

FRI AM

Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

10 weeks from 8 Oct to 17 Dec (no classes on 29 Oct, half term holiday)

9:00am Fundamentals*

10:05am B1 (Beginners 1)*

10:05am 5 element Qigong*

11:10am B2*



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