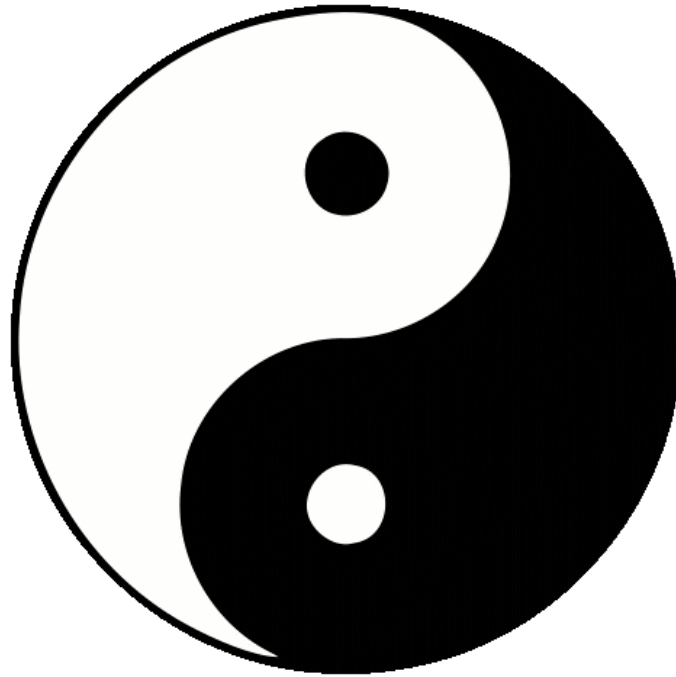


First class for new beginners is FREE

Tai Chi



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

Health, Wellbeing, and Mindfulness

Spring 2022 new Beginner's classes start...

TUE 18 Jan	11:15am	St Albans
THU 20 Jan	7:00pm	St Albans
FRI 21 Jan	10:00am	Welwyn Garden City



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

Spring 2022 full class schedule*

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

TUES (Daytime)

St Albans

Homewood Road URC, Homewood Rd, AL1 4BH

10 weeks from 18 Jan to 29 Mar (no classes on 15 Feb, half term holiday)

11:15am B1 (Beginners 1)

12:20pm 5 Element Qigong for Emotional Wellbeing*

13:25pm Fundamentals*

THURS (Evening)

St Albans

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

10 weeks from 20 Jan to 31 Mar (no classes on 17 Feb, half term holiday)

7:00pm B1 (Beginners 1)

7:00pm The Eight Ways of Tai Chi*

8:05pm B2*

8:05pm Fundamentals*

FRI (Daytime)

Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

10 weeks from 21 Jan to 1 Apr (no classes on 18 Feb, half term holiday)

9:00am Fundamentals*

10:05am B1 (Beginners 1)

10:05am The Eight Ways of Tai Chi*

11:10am B2*



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