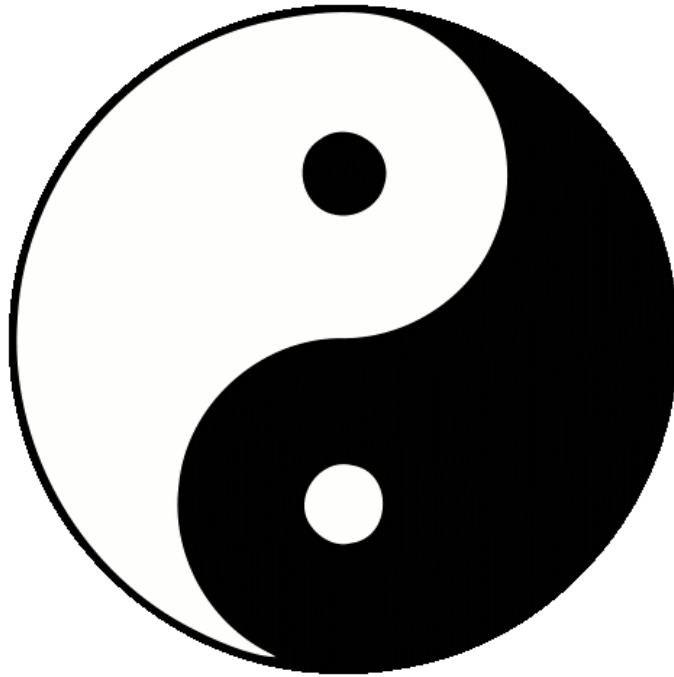


Tai Chi



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

Health, Wellbeing, and Mindfulness

Summer 2025 term classes for Beginners start...

Tue 6 May	11:15 am	St Albans
Thurs 8 May	7:00 pm	St Albans
Fri 9 May	10:00 am	Welwyn Garden City

First class for new beginners is FREE



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

Summer 2025 full class schedule*

*Dates are correct, but the detailed class schedule is still provisional – so it may change

Tuesday (Daytime) St Albans

Homewood Road URC, Homewood Rd, AL1 4BH

10 weeks from 6 May to 15 July (no class 27 May = schools' half term)

11:15am B1 (Beginners 1st third)

12:20pm B2 (Beginners 2nd third)*

13:25pm Intermediate Form with Push Hands*

Thursday (Evening) St Albans

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

10 weeks from 8 May to 17 July (no class 29 May = schools' half term)

7:00pm B1 (Beginners 1st third) [Main room]

7:00pm B2 (Beginners 2nd third)* [Small room]

8:05pm Push Hands* [Small room]

8:05pm Sword* [Main room]

Friday (Daytime) Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

10 weeks from 9 May to 18 July (no class 30 May = schools' half term)

9:00am Fundamentals* [Small room]

10:05am B1 (Beginners 1st third) [Main room]

10:05am B3 (Beginners 3rd third)* [Small room]

11:10am Sword* [Main room]



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