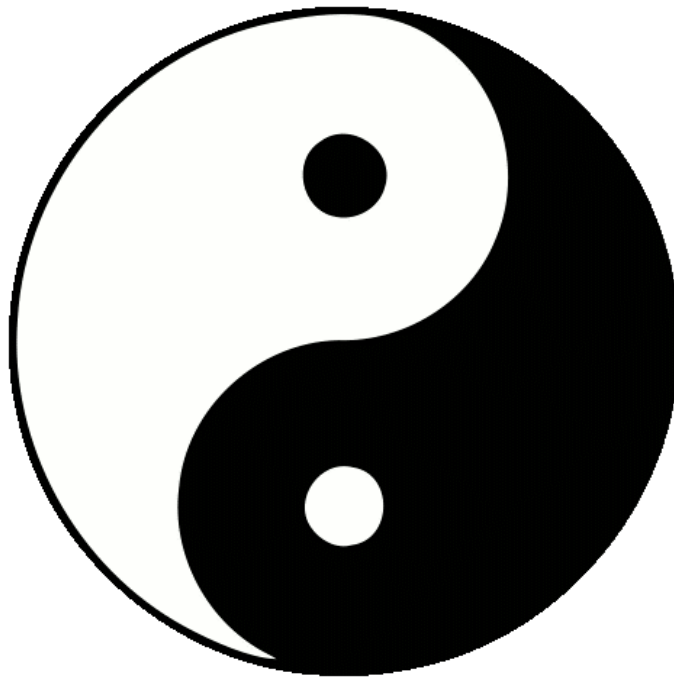


Tai Chi



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

Health, Wellbeing, and Mindfulness

Autumn term 2026:

First classes for new beginners...

Tue 22 Sept	11:15 am	St Albans
Thurs 24 Sept	7:00 pm	St Albans
Fri 25 Sept	10:20 am	Welwyn Garden City

First class for new beginners is FREE



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

Autumn 2026 full class schedule*

*Provisional at July 2026. Final schedule will be confirmed in week 1 of the term

Tuesday (Daytime)

St Albans

10 weeks from 22 Sept to 1 Dec (26 Oct = half term break)

Homewood Road URC Hall, Homewood Rd, AL1 4BH

11:15am Beginners 1 st third (= B1)	[Main room]
12:20pm Improving Fundamentals at B1 *	[Main room]
13:25pm Improving Fundamentals at B3 *	[Main room]
14:30pm Advanced Practice *	[Main room]

Thursday (Evening)

St Albans

10 weeks from 24 Sept to 3 Dec (28 Oct = half term break)

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

7:00pm Beginners 1 st third (= B1)	[Main room]
7:00pm Improving Fundamentals at B3 *	[Small room]
8:15pm Advanced Practice *	[Main room]
8:15pm Improving Fundamentals at B1 *	[Small room]

Friday (Daytime)

Welwyn Garden City

10 weeks from 25 Sept to 4 Dec (29 Oct = half term break)

Vineyard Barn, Welwyn Garden City, AL8 7PU

9:00am Improving Fundamentals at B3 *	[Main room]
9:00am Improving Fundamentals at B2 *	[Small room]
10:20am Beginners 1 st third (= B1)	[Main room]
10:20am Improving Fundamentals at B1 *	[Small room]
11:30am Advanced Practice *	[Main room]



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