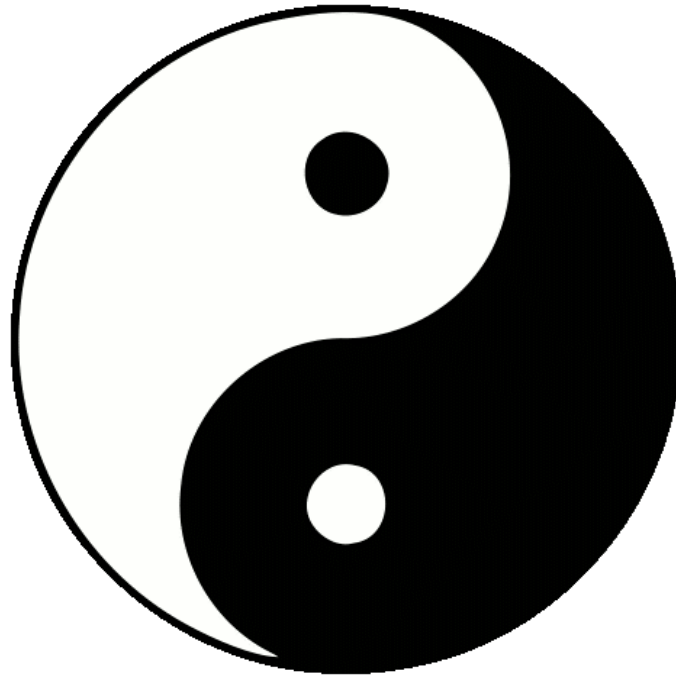


# Tai Chi



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

**Health, Wellbeing, and Mindfulness**

**Spring 2023 term Beginner's classes start...**

<b>Tues 17 Jan</b>	<b>11:15am</b>	<b>St Albans</b>
<b>Thurs 19 Jan</b>	<b>7:00pm</b>	<b>St Albans</b>
<b>Fri 20 Jan</b>	<b>10:00am</b>	<b>Welwyn Garden City</b>

**First class for new beginners is FREE**



More details on: [www.hertstaichichuan.com](http://www.hertstaichichuan.com)  
or call **Kevin 07746 199462** or **Mike 07808 783291**

# Spring 2023 full class schedule\*

\*Provisional at Nov 2022. Final schedule will be confirmed in week 1 of the term

## Tuesday (Daytime) St Albans

Homewood Road URC, Homewood Rd, AL1 4BH

10 weeks from 17 Jan to 28 Mar (no classes on 14 Feb, half term holiday)

11:15am B1 (Beginners 1<sup>st</sup> third)

12:20pm B2 (Beginners 2<sup>nd</sup> third)\*

13:25pm Fundamentals\*

## Thursday (Evening) St Albans

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

10 weeks from 19 Jan to 30 Mar (no classes on 16 Feb, half term holiday)

7:00pm B1 (Beginners 1<sup>st</sup> third)

7:00pm Intermediate level\*

8:05pm Sensing Hands ('Hall of Happiness')\*

## Friday (Daytime) Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

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

9:00am Sensing Hands\*

10:05am B1 (Beginners 1<sup>st</sup> third)

10:05am tbc\*

11:10am B2 (Beginners 2<sup>nd</sup> third)\*



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