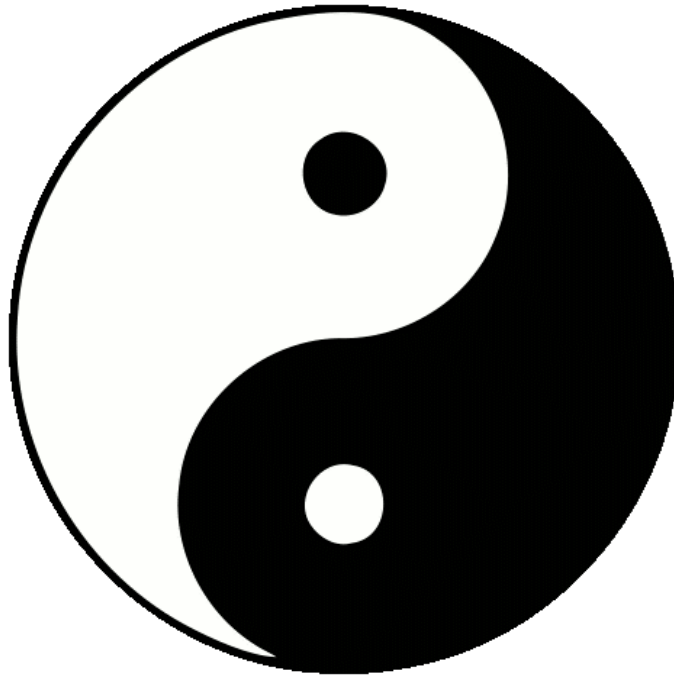


Tai Chi



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

Health, Wellbeing, and Mindfulness

Autumn 2022 term Beginner's classes start...

Tues 20 Sept	11:15am	St Albans
Thurs 22 Sept	7:00pm	St Albans
Fri 23 Sept	10:00am	Welwyn Garden City

First class for new beginners is FREE



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

Autumn 2022 full class schedule*

*Provisional at July 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 20 Sept to 29 Nov (no classes on 25 Oct, half term holiday)

11:15am B1 (Beginners 1st third)

12:20pm B3 (Beginners 3rd third)*

13:25pm Fundamentals*

Thursday (Evening) St Albans

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

10 weeks from 22 Sept to 1 Dec (no classes on 27 Oct, half term holiday)

7:00pm B1 (Beginners 1st third)

7:00pm Five Element Qigong*

8:05pm B2 (Beginners 2nd third)*

8:05pm Sensing Hands*

Friday (Daytime) Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

10 weeks from 23 Sept to 2 Dec (no classes on 28 Oct, half term holiday)

9:00am Sensing Hands*

10:05am B1 (Beginners 1st third)

10:05am B2 (Beginners 2nd third)*

11:10am Fundamentals*



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