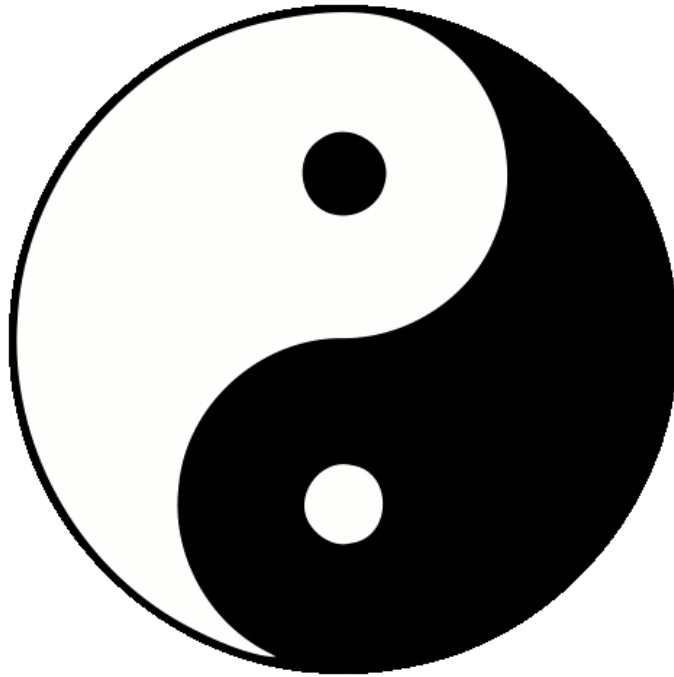


# Tai Chi



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

**Health, Wellbeing, and Mindfulness**

**Spring 2024 term classes for Beginners start...**

<b>Tues 23 Apr</b>	<b>11:15 am</b>	<b>St Albans</b>
<b>Thurs 25 Apr</b>	<b>7:00 pm</b>	<b>St Albans</b>
<b>Fri 26 Apr</b>	<b>10:00 am</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

# Summer 2024 full class schedule\*

\*Provisional at Mar 2024. 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 23 Apr to 2 July (no classes on 28 May, half term holiday)

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

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

13:25pm Push Hands (Tai Chi Conversation)\*

## Thursday (Evening) St Albans

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

10 weeks from 25 Apr to 4 July (no classes on 30 May, half term holiday)

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

7:00pm B2 (Beginners 2<sup>nd</sup> third)\*

8:05pm Fundamentals (with B3 teaching)\*

8:05pm Sword\*

## Friday (Daytime) Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

10 weeks from 26 Apr to 5 July (no classes on 31 May, half term holiday)

9:00am Fundamentals\*

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

10:05am Sword\*

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



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