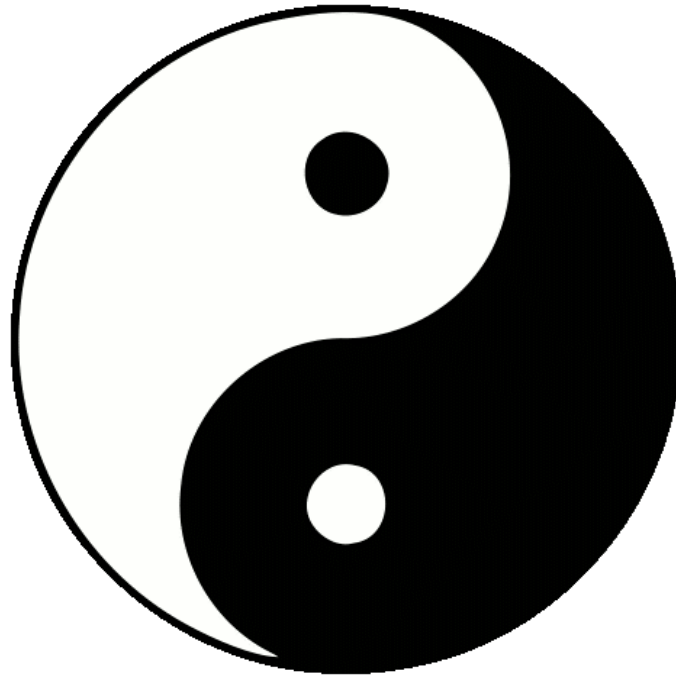


Tai Chi



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

Health, Wellbeing, and Mindfulness

Spring 2023 term Beginner's classes start...

Tues 17 Jan	11:15am	St Albans
Thurs 19 Jan	7:00pm	St Albans
Fri 20 Jan	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**

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 1st third)

12:20pm B2 (Beginners 2nd 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 1st third)

7:00pm Intermediate level*

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

8:05pm B3 (Beginners 3rd third)*

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 1st third)

10:05am Intermediate level*

11:10am B2 (Beginners 2nd third)*



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