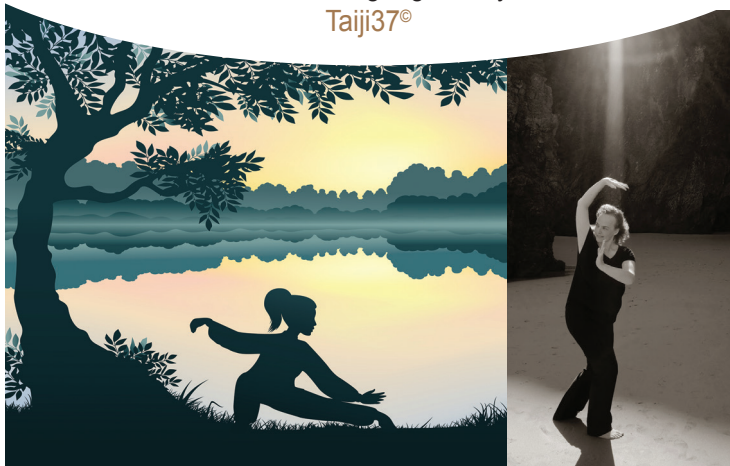




Tai Chi & Qigong Surrey Taiji37[®]



Tai Chi is used to develop physical and mental health by coordinating body movement with breath and calm focus. We teach Dr Shen Hongxun's Taiji 37[®] form and standing exercises to develop strong internal energy and to help gently stretch open the spine and joints, improving circulation and flexibility. We offer a welcoming community with classes led by a teacher with 15 years experience.

Times: Wednesday 11:30am - 12:30am
6:30pm - 7:45pm (combined tai chi/qigong)

Dates: 1 May - 10 July 2024
4 September - 4 December 2024
22 January - 2 April 2025

Cost: £9 (single class),
£5 (for second class on same day)

Location: Friends Meeting House,
47 Reigate Road, Reigate, RH2 0QT

Contact Nicci: 07960 881 561 · twgwithnicci@gmail.com
www.drshentaichi.co.uk/teacher-list/nicci/
www.facebook.com/twgwithnicci