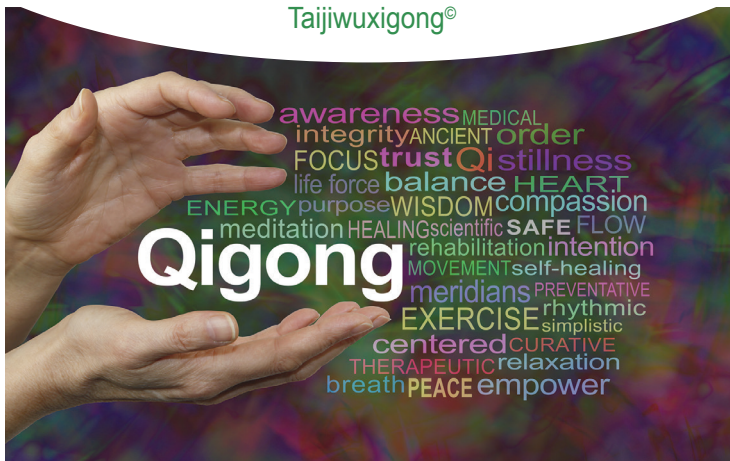




Tai Chi & Qigong Surrey
Taijiwuxigong®



Taijiwuxigong® is a form of qigong (energy cultivation exercise) developed by Dr Shen Hongxun for the purpose of improving and sustaining health and happiness. It works with the body's own energy system, identifying areas of stagnation and unblocking these to bring the body and mind back into a peaceful and harmonious state. Classes are led by an experienced teacher and Chinese Medicine practitioner.

Times: Wednesday 10:00am - 11:00am
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