



TAI CHI QIGONG (Shibashi)
ALTERNATE FRIDAYS 9.30-10.30AM
OAKE VILLAGE HALL

Tai Chi Shibashi is a very gentle form of exercise for both Body and Mind and has excellent Health Benefits. It is suitable for everybody including those with health and mobility/joint issues as well as those who really want to relax more and de-stress. The benefits are:-

- Improves Health and Well-Being
- Increases Energy, Agility & Flexibility
- Reduces Stress
- Easy to Learn
- Controls Emotions
- Loosens and Strengthens Joints & Muscles
- Controls Weight
- Rejuvenates Body, Mind and Spirit
- Improves Concentration & Intuitive Abilities

ALL WELCOME, BRING FRIENDS! £5 Class

Please wear suitable loose clothing & supportive footwear

For more details please telephone Jackie on 07949735139 or email

bk.jackie@hotmail.co.uk

Look forward to seeing you all