

# Tao Kung Classes - Health Harmony Balance - Vitality - Movement (7 GBP)



Location

Yorkshire and the Humber, South Yorkshire

<https://www.freeadsz.co.uk/x-297639-z>



Tao Kung Classes Tao Kung is a system of movement created by Gunawan Rahardja of the PGB White Crane Silat School Indonesia, to meet the needs of people who have experienced health problems, and for older adults (35 +) who wish to improve and/or maintain their health. The practice includes gentle exercises/warm up's, gentle forms inspired by nature & breathing movements. The benefits of practising Tao Kung are to: Restore balance and harmony Improve strength & flexibility Increase vitality, stamina and renewal Balance, peace, self- awareness Reduce anxiety & stress TUESDAY 7-9 pm (beginning April 5th 2016) RSPCA Sheffield, Sheffield Animal Centre, 2 Stadium Way, Attercliffe, Sheffield, S9 3HN. Wear loose comfortable clothing preferably white, cost £7 (concessions available) For more information contact Jaqi Moore 07969625490 Email [email protected] ;



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