

TAICHI CHIKUNG CLASSES (6.50 GBP)



THREE TREASURES

Location

East of England, Bedfordshire

<https://www.freeadsz.co.uk/x-321890-z>



CHI KUNG: means "internal energy work". Beneficial in preventing ailments, giving physical strength and relaxing the mind. TAI CHI: is known as "great shape". It is a set of gentle movements that provide deep and powerful exercise, clearing our mind and allowing a dynamic relationship with our surroundings. Suitable for all levels and all ages. We will practice Chi Kung, Tai Chi and push hands (basic martial arts applications). HARMONY, 103c Bancroft, Hitchin Wednesday at 6



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