

Tao Kung classes Sheffield improve your health, energy, vitality, balance, flexibility and strength



Are you 35 + Do you want to improve your health, by learning a system of gentle but powerful movements that will bring you energy, balance, harmony, vitality, strength & flexibility ?

Tao Kung



Classes are held on TUESDAY evenings 7-9 pm
Your first class is FREE

@ RSPCA Sheffield, Sheffield Animal Centre, 2 Stadium Way, Attercliffe, Sheffield, S9 3HN.

Tao Kung is a system of movements originating from the martial art of PGB White Crane Silat for people who have experienced health problems & older adults who wish to improve and/or maintain their health. It includes gentle exercises/warm up's, gentle forms inspired by nature & breathing movements that will improve your health, reduce anxiety & stress. Come and try a class with no pressure, you are very welcome.

www.pgbwhitecraneuk.com

For more information contact Jacqui Moore 07969625490

Search www.pgbwhitecraneuk.com
<https://www.facebook.com/PgbBangauPutihIndonesia> https://instagram.com/pgb_bangauputih



Location **Yorkshire and the Humber, South Yorkshire**
<https://www.freeadsz.co.uk/x-349131-z>

Are you 35 + Do you want to improve your health, by learning a system of gentle but powerful movements that will bring you energy, balance, harmony, vitality, strength & flexibility ? Then Tao Kung could be right for you ! Classes are held on TUESDAY evenings 7-9 pm @ RSPCA Sheffield, Sheffield Animal Centre, 2 Stadium Way, Attercliffe, Sheffield, S9 3HN. You are welcome to come along and try a class Free with no obligation to join, just find out if this form of exercise is right for you. For more information call Jacqui on 07969625490 079696254... (click to reveal full phone number) or look at www.pgbwhitecraneuk.com or www.pgbwhitecraneuk.com <https://www.facebook.com/PgbBangauPutihIndonesia> https://instagram.com/pgb_bangauputih https://twitter.com/PGB_BangauPutih

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practiced in line with each person's individual ability and scope. The movements are done slowly and with attention to detail in the posture of the body. The movements develop the awareness of the body. It is enabled to improve your health, energy, vitality, balance, flexibility and strength. They also help to keep relaxed, harmony and in the space. The benefits of the exercises include: strengthening of muscles, bones, immune system, balancing of the bodies systems including the respiratory, nervous, hormonal, lymphatic systems.

Harmony of the internal organs. Increase vitality, stamina and energy. The promotion of Chi or Qi. Wellbeing and reduced anxiety and stress.



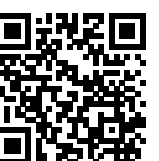
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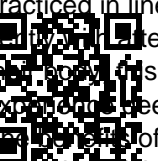
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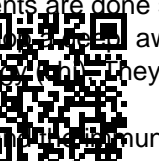
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