

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



Location **Yorkshire and the Humber, South Yorkshire**
<https://www.freeadsz.co.uk/x-492720-z>



Tao Kung Martial arts inspired health system, motions for harmony, internal awareness, balance, regeneration, coordination, moving meditation & breathing exercises. THE KETTLE CLUB, Harwood Street, Sheffield, S2 4SE THURSDAY EVENINGS 7.45



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