

Tai Chi in the Country (Chew Valley) (5 GBP)



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-552583-z>

GENTLE ~ IMPROVE BALANCE ~ BE ACTIVE

STRENGTHEN ~ STRETCH ~ AWARENESS

OUTDOORS (CANOPIES FOR RAIN COVER)

Flowing movement to ease and relax body and mind

Tai Chi Shibashi is a form of self-healing designed to balance Energy throughout our bodies

Come and enjoy these soft and relaxing exercises – sit or stand – use a chair (provided)

ALL WELCOME

Tuesdays 1.30 to 2.30 pm

Every Tuesday for 10 weeks from 29th August to 31st October

£5 per session

Location – Stowey Bottom Farm, Bonhill Lane, Bishop Sutton BS39 5TU

Chew Valley Lake area

For more information please contact

Mary Bancroft

07749 407023 07749 4070...(click to reveal full phone number)

click to



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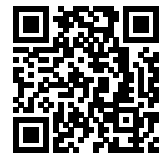
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