

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

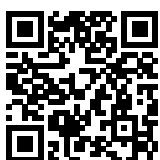
Chew Valley Lake area

For more information please contact

Mary Bancroft

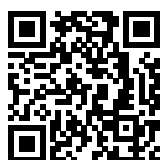
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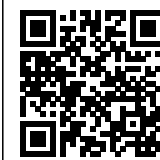
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