



T'ai Chi and Qigong Classes for Health and Relaxation.

T'ai Chi and Qigong for Beginners.

Class **open** from Tuesday 28th July 2020.

The Woodway Room, Chudleigh Town Hall.

Limited spaces available so booking is essential!

Tuesdays 8pm until 9pm.

To book your place, phone 07769 045207.

Recent studies have shown that
T'ai Chi and Qigong practice can

be beneficial for:

Balance and Coordination

Pain and Fatigue

Lung and Cardiovascular
Function

Stress and Anxiety

General Immune Function

And more!



For further information and to book your place please visit:

www.handofthewind.co.uk

Telephone: 07769 045207

Email: info@handofthewind.co.uk