



Beautiful Flower

Tai Chi and Qigong Classes



Instructor: Nicola G Day

Class Schedule:

Mondays: Tai Chi and Qigong for Beginners
Chinese Arts and Culture Centre,
Stafford Park 15 Unit E4, Telford TF3 3BB
7pm – 8pm

Tuesdays: Tai Chi and Qigong for ALL
Our Lady and St Chad Catholic Academy Dance
Studio, Wolverhampton WV10 8BL
6pm – 7pm

Thursdays: Tai Chi and Qigong for ALL
Turreff Hall, Donnington, Telford TF2 8HG
6:30pm – 7:30pm

More information:

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