



Living Well North Tyneside

Supporting Health and Wellbeing



Cost: £4.00



Type: Face to Face

Tai Chi Qigong is an ancient form of Chinese exercise characterised by slow, graceful movements that help improve circulation, balance, and posture. Classes will include some stretching and mobilisation exercises to warm up. Tai Chi Qigong exercises from various lineages will be taught to improve physical, mental, and spiritual wellbeing.

10 class discount card £32.00



[tai](#)

[chi](#) | [taichi](#) | [exercises](#) | [wellbeing](#) | [stretching](#)

Tai Chi Qigong



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