

**£** 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



<u>tai</u>

chi | taichi | exercises | wellbeing | stretching

Tai Chi Qigong

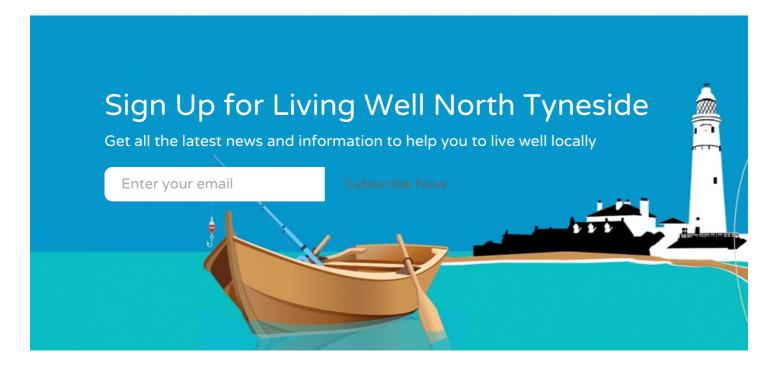
info@qfitgym.uk

The John Willie Sams Centre Market Street Dudley Cramlington England



Last Updated - 3rd April 2024





© 2024 Living Well North Tyneside | Web Design: Indigo Newcastle