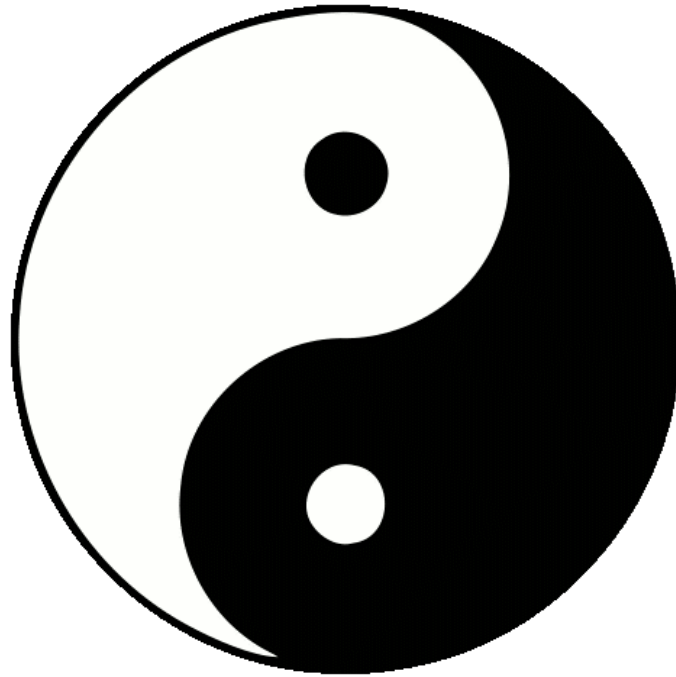


Tai Chi



An ancient Chinese relaxation exercise,
practised in gentle flowing movements,
for

Health, Wellbeing, and Mindfulness

Spring 2025 term classes for Beginners start...

Tue 28 Jan	11:15 am	St Albans
Thurs 30 Jan	7:00 pm	St Albans
Fri 31 Jan	10:00 am	Welwyn Garden City

First class for new beginners is FREE



More details on: www.hertstaichichuan.com
or call Kevin 07746 199462

Spring 2025 full class schedule*

*Provisional at Dec 2024. Final schedule will be confirmed in week 1 of the term

Tuesday (Daytime) St Albans

Homewood Road URC, Homewood Rd, AL1 4BH

10 weeks from 28 Jan to 9 April (no classes on 18 Feb, half term holiday)

11:15am B1 (Beginners 1st third)

12:20pm B2 (Beginners 2nd third)*

13:25pm Push Hands (Tai Chi Conversation)*

Thursday (Evening) St Albans

Ss Alban & Stephen Primary School (Upper Site), Cecil Rd, AL1 5EG

10 weeks from 30 Jan to 11 April (no classes on 20 Feb, half term holiday)

7:00pm B1 (Beginners 1st third) [Main room]

7:00pm B2 (Beginners 2nd third)* [Small room]

8:05pm Fundamentals* [Small room]

8:05pm Sword* [Main room]

Friday (Daytime) Welwyn Garden City

Vineyard Barn, Welwyn Garden City, AL8 7PU

10 weeks from 31 Jan to 12 April (no classes on 21 Feb, half term holiday)

9:00am Fundamentals* [Small room]

10:05am B1 (Beginners 1st third) [Main room]

10:05am B3 (Beginners 2nd third)* [Small room]

11:10am Sword* [Main room]



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