

T'ai Chi Ch'uan

Form, Posture and Push Hands

Kai Men
Taoist Yoga

Relax, Release, Revitalise.

A gentle fun practice that will improve your posture and increase your balance and strength.

Join us and see if T'ai Chi is for you.

Classes:

Monday 6.30 - 8.00 PM
Heaton Community Centre
Trehitt Road
Heaton
NE6 5DY

Ferris - text only 07808 867280

Wednesday 7.15 - 8.45 PM
St George's Church Hall
St George's Close
Jesmond
NE2 2TF

Steve Austin - TEL: 0191 2401454 or
email sja@blueyonder.co.uk



Full members of the British Council for Chinese Martial Arts