



Tai Chi

in Aylesbury

Tai Chi provides excellent physical exercise for supporting good health and peace of mind. Beginners and Tai Chi players with some experience are welcome. The Tuesday class is Yang Style Short Form and Wednesday afternoon is Tai Chi for Health. People with health or mobility problems can usually take part in classes so please do get in touch.

Yang Style Class - Tuesday evenings
8pm to 9.30pm *classes start 30 September 2008*

Tai Chi for Health - Wednesday afternoons
2.30pm to 3.30pm *classes start 1 October 2008*

at
Queens Park Arts Centre
Queens Park
Aylesbury
HP21 7RT

Further information:

07790 894 493
01296 424332
www.taichiforeveryone.co.uk
www.qpc.org

Tai Chi at Queens Park, Aylesbury

2008 Class Dates

Yang Short Form Tuesday Evening		Tai Chi For Health Wednesday Afternoon	
30 Sept	1	1 Oct	1
7 Oct	2	8 Oct	2
14 Oct	3	15 Oct	3
21 Oct	4	22 Oct	4
28 Oct	no class	29 Oct	no class
4 Nov	5	5 Nov	5
11 Nov	6	12 Nov	6
18 Nov	7	19 Nov	7
25 Nov	8	26 Nov	8
2 Dec	9	3 Dec	9
9 Dec	10	10 Dec	10