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**Themes:**

**Aimed at:** All People

We practice Tai Chi for Health, Yang 8, Yang 24 & Qi gong.

Each class is an hour and consists of a gentle Tai Chi warm up, Tai Chi practice and a Tai Chi cool down.

Class Times From 17/05/21

It is currently necessary to book in advance due to Covid regulations and classes are restricted to 10 students.

Monday - 06:15pm – 07:15pm

Wednesday - 10:00am – 11:00am

**Area:** Bolsover

**Contact Details**

South Normanton, Derbyshire

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07554 425444

[https://junction28taichiforhealth.co.uk/?fbclid=IwAR0DIG\\_yMkAul0rAFmy9ZTjktqBR3GruXgQZFhdH-R\\_U](https://junction28taichiforhealth.co.uk/?fbclid=IwAR0DIG_yMkAul0rAFmy9ZTjktqBR3GruXgQZFhdH-R_U)

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