**Tai Chi & Qigong-Yang Style Class**

Gentle flowing Chinese movements for health & inner well-being.

Tai Chi promotes relaxation and reduces mental stress.

Sampford Arundel Village Hall, Wellington, TA21 9QN

**Everyone Welcome**

‘Monday mornings’

11am – 12pm

£7.50 per session, Term times

Qualified & Experienced Teacher

Debbie Welch: 07933483102