

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**

www.tynetaichi.com



Heaton Class Text 07808 867280
Jesmond Class Call 0191 2401454



Full members of the British Council for Chinese Martial Arts