

Three mornings of Tai Chi

with Diego Robirosa

at The Quaker's Meeting House
39 Fonnereau Rd, Ipswich IP1 3JH

9/1/16 23/1/16 6/2/16
10.00 am to 1.00 pm



These 3 mornings are designed for:

***Introduce you to The Tai Chi Short Yang Form
The 8 postures of Still Qigong
Settling Breathing Exercises***

- This will equip you with a great kit for the maintenance of health in body, mind and spirit.
- You will improve your flexibility, balance and overall co-ordination.
- You will feel more calm but energised, happier and at ease with yourself and others.
- Decide whether you want to continue to study Tai Chi in more depth.

And you will have a great time! Learning Tai Chi can sometimes be challenging but it is always fun and enjoyable.

£25 per morning

Total fees: £75 payable in advance.

In order to get maximum benefit you must book and commit for all 3 sessions.

Early bird booking by the 10/12/15 £65

This course is suitable for total beginners and those who have had some exposure to Tai Chi but have not studied it in much depth.

To book fill in the attached registration form or for further enquiries please ring: 01787 319170 email: darobirosa@gmail.com or visit: www.cloudhands.co.uk