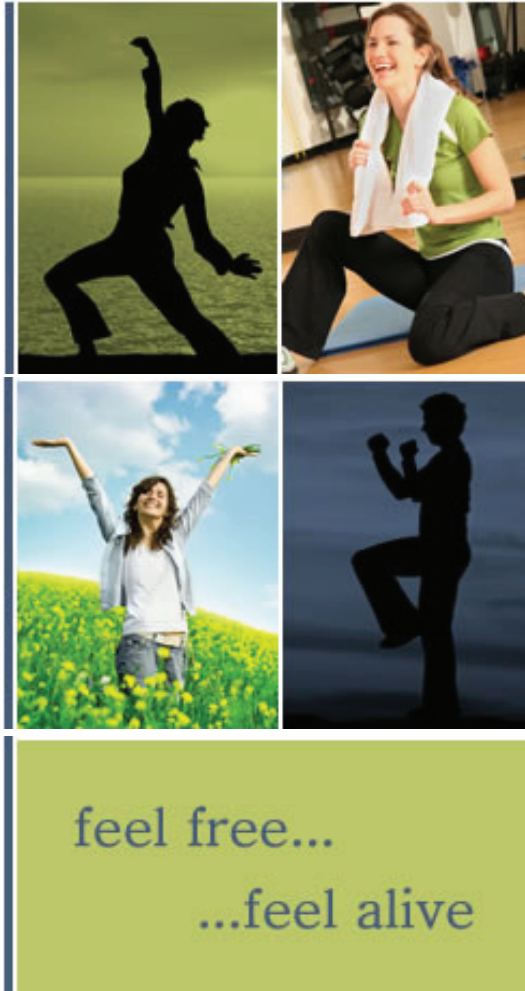


6 Week Tai Chi Course at The Denny Centre

Starting
Thursday 25 February 2010
2.45 – 3.45pm

£21 for 6 week course
(£3.50 per lesson)

Tutor: Maria Holland



Tai Chi is an ancient form of Chinese exercise that aims to balance the mind and body by breathing exercises, gentle slow movements, and relaxation techniques.

It is suitable for all ages and level of fitness. However it is especially beneficial for the elderly and those recovering from injury or illness.

Applications to Judith Head at The Denny Centre.
Cheques to be made payable to Age Concern Norfolk.

The Denny Centre, Thomas Manning Road, Diss IP22 4HL
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