



T'AI CHI FOR LIVING WELL

TASTER DAYS 8TH & 15TH JANUARY

TUESDAYS
9.15 - 10.45AM

The Zed Shed,

Jubilee Wharf,
Penryn
TR10 8FG

Why not start the new year with a new activity for the body, mind and spirit? Come along to one or both of these taster days to get a flavour of t'ai chi and how it can lead to a more balanced way of living.

A fuller course, open to newcomers, starts on **5th FEBRUARY**

T'ai chi opens our channels of energy, softening the body, freeing the mind and letting it breathe. Exploring the interplay of yin and yang, we can feel for tightness and softness, let go unnecessary effort and reveal inner spaciousness and harmony.

£8 per session
£35 for course
(5 Feb - 5 Mar)

for more info and to book please contact

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