

Tai Chi Classes

Learn the ancient Chinese martial art of *Tai Chi*

- ☯ Reduce stress
- ☯ Improve health
- ☯ Develop better balance and posture
- ☯ Increase your ability to concentrate
- ☯ Learn practical self-defence techniques

太極拳



Suitable for adults of all ages and fitness levels

Beginners welcome

Monday 6:30pm

St. Nicholas Church,
Allestree Lane,
Allestree
DE22 2PE

Tuesday 12:30pm

The Old Stables Studio,
Abbey Yard,
Darley Abbey
DE22 1DS

Friday 2pm

St. Nicholas Church,
Allestree Lane,
Allestree
DE22 2PE

For more information or to check availability,
call Russell on 0789 630 9819
or visit www.zenfitness.co.uk

