

T'ai Chi (Ripon) For Beginners



T'ai Chi an ancient Chinese Art designed to improve the body's functional efficiency
With regular practice a step towards greater awareness of your Qi your body's energy forming a mind and body harmony
An increase of energy level and emotional consciousness also improving your posture

**The Class is conducted under the guidance of experienced practitioner
 Brian Douglas
 All are welcome**

Parkinson's Harrogate **T'ai Chi For Beginners** **At Ripon Arts Hub**

When:	Every Fortnight on Friday 10 – 11am From 1st November 2024
Cost:	£5 Per Session
Venue:	Ripon Arts Hub Allhallowgate Ripon HG4 1WB
Reservation:	Brian Douglas Email: briandouglas2001@hotmail.com Tel: 07388 894428

Parkinson's UK Harrogate & District Branch