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Themes:

Aimed at: All People

We practice Tai Chi for Health, Yang 8, Yang 24 & Qi gong.

Each class is an hour and consists of a gentle Tai Chi warm up, Tai Chi practice and a Tai Chi cool down.

Class Times From 17/05/21

It is currently necessary to book in advance due to Covid regulations and classes are restricted to 10 students.

Monday - 06:15pm - 07:15pm

Wednesday - 10:00am - 11:00am

Area: Bolsover

Contact Details

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