

Tai Chi *for Health*



At Kennet Leisure Centre

Beginners – Thursdays 09:30 –10:15

Progression – Tuesday 11:30 –12:15

At Northcroft Leisure Centre

Beginners – Wednesdays 10:20 –10:50

Progression – Tuesday 09:45 –10:30

This course is for beginners and will follow the principles of Tai Chi & Mindfulness, suitable for falls prevention and those who suffer from Fibromyalgia, MS, Arthritis and similar conditions, there will be options to rest when required.



Courses run for 6 weeks and must be pre-booked.
For more details and prices, enquire at the Centre
or tel **01635 31199**
email northcroft@legacyleisure.org.uk



West Berkshire
C O U N C I L