

Taichi Chikung Three Treasures (6.50 GBP)




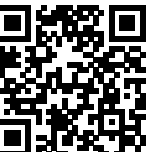








THREE TREASURES



Location **East of England, Bedfordshire**
<https://www.freeadsz.co.uk/x-321891-z>

CHI KUNG: means "internal energy work". Beneficial in preventing ailments, giving physical strength and relaxing the mind. TAI CHI: is known as "great shape". It is a set of gentle movements that provide deep and powerful exercise, clearing our mind and allowing a dynamic relationship with our surroundings. Suitable for all levels and all ages. We will practice Chi Kung, Tai Chi and push hands (basic martial arts applications). On Wednesday at 6:10 at.

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