

Tai Chi QiGong



Connect with your mind and body through gentle movements empowering your whole wellbeing

**Join us every Thursday from 20 Feb 25
12:30pm - 1:30pm**

For all abilities with a focus on improving strength, flexibility and balance while relaxing the mind and lowering stress.

£6 per session

For more information please contact us

0333 241 2340

email info@ageukdevon.org.uk

or visit ageuk.org.uk/devon

**Exe Valley Leisure Centre
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Tiverton
EX16 6SG**

