

TAI CHI

Tai Chi movements relax the body,
improve balance, muscle tone,
flexibility, concentration and focus.....



THURSDAY FROM 7.00 PM TO 2.00 PM
Price £3 **First class free with this flyer**



With Master Jago Auteri www.masterjago.co.uk - Mobile 07855 244 315

Top Valley Community Centre Top Valley Way, Nottingham, NG5 9DD (next to Tesco)