

Tai chi” (gentle exercise classes:) **at Skelton Toppin Memorial Hall**

These popular classes will begin again: Monday, “6” January 2020 weekly, every Monday, 2-3 PM through the Winter/Spring, followed at 3-4PM by 1 hour hot drink and biscuits (all inclusive £5)

(great for over 50’s, retired, but benefits anyone, all are welcome)

Class: Every **Monday: THROUGH 2, DECEMBER**, “Christmas Break”
resuming: “6” Jan 2020, 2-3 PM, followed by TEA/Biscuits 3-4PM
If you can’t make the Tai chi class 1st hour, plse come and socialise over tea/coffee & biscuits for the (2nd hour, by donation)

(great for over 50’s, retired, but benefits anyone, all are welcome)
ease into fitness and enjoy a cuppa with old & new friends!

The Benefits of Tai Chi and Qigong

Tai Chi and Qigong can help improve balance, coordination and flexibility, ease arthritis, are effective forms of exercise for osteoporosis, and can improve and help balance mood and mental states. They are great for improving general health and wellbeing, can aid in stress relief, facilitate rehabilitation after many types of illness, provide focus and help to centre your energy on many levels.

About the Tutor; Lesley Relph

Runs classes for Age UK and Northern Fells Group. Lesley has also run sessions for Carlisle Parkinson's Group and Adult Education in Carlisle; but the remainder of her classes are privately run by herself. Lesley’s approach is to share & teach the gentler health giving aspects of the art. Website:

www.townandvillagetaichi.weebly.com

About the Classes

Classes last for an hour and generally consist of a warm up, leading to practising Tai chi and Qigong sequences, finishing with a short meditation.

Sponsored by your: Skelton Toppin Memorial Hall **RP/31 Dec/19**