

# TAI CHI

East Croydon

# QI GONG

# MEDITATION

## NEW BEGINNERS COURSES

13 weeks starting Tuesday 12th January 2016

**TAI CHI** £117 • 7 – 8.15pm

**QI GONG** £91 • 8.30 – 9.15pm

£167 for both sessions

Ark Oval Primary Academy  
98 Cherry Orchard Road  
Croydon, CR0 6BA



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