

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



Call **0793 9696 139**
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taichinews.com