

# Tai Chi

and Qi Gong

## EAST CROYDON BEGINNERS COURSES

14 weeks, starting Tuesday 13th September

**TAI CHI:** £126 • 7–8.15pm

**QI GONG:** £98 • 8.30–9.15pm

Enrol in both sessions (7–9.15pm) for £179!

Ark Oval Primary Academy  
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Contact Tomoko for details:

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