

FREE  
ENTRY

# Shefford Tai Chi Festival

April 28th  
2018  
10am-4pm

- *Chat and try for free - find out if Tai Chi is for you:*
- Demonstrations
- Taster Classes
- Development Groups
- Falls Prevention Classes
- Master Classes
- Alternative Health Exercises
- Discussions - History of Tai Chi, Tai Chi movement Theory
- Over 50's classes

## Guest presentations

- Yoga
- Pilates
- Taekwondo
- Wing Chun
- Thai Kickboxing
- Alexander Technique
- Meditation
- Massage

Tea and Cakes—by donation

*Massages available*

**Venue: Shefford Community Hall,  
60 High Street, Shefford,  
Bedfordshire, SG17 5AX**

**Date & Time: 28th April 2018,  
10am - 4pm. Entry: free of charge**

**For further information,  
contact Ian Deavin:**

**[ian.deavin@btconnect.com](mailto:ian.deavin@btconnect.com)  
07860 218334**

