

FREE
ENTRY

Shefford Tai Chi Festival

April 27th
2019
10am-4pm

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



Guest presentations

- Yoga
 - Pilates
 - Taekwondo
 - Jujitsu
 - Wing Chun
 - Alexander Technique
 - Library
 - Aromatherapy
- Tea and Cakes—by donation

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

**Date & Time: 27th April 2019,
10am - 4pm. Entry: free of charge**

**For further
information,
contact Ian Deavin:
07860 218334
ian@sheffordtaichi.org**

Massage/
Aromatherapy
available

