

Tai Chi QiGong Connect with your mind and body through gentle movements

Join us every Wednesday 1:15pm - 2:15pm

For all abilities with a focus on improving strength, flexibility and balance while relaxing the mind and lowering stress.

£6.00 per session

Richard Newton Hall Community Centre and Social Club Higher Buckeridge Road Teignmouth TQ14 8QP

For more information please contact us:



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