

FREE SIT DOWN TAI CHI FOR FEELING GOOD PRACTICE



Every Thursday @2pm MINERVA LODGE, 42 Roman Way,N7 8XF

Enquiries: 07862257197

🌀 Sit Down Tai Chi: No movement required, ideal for elderly participants.

🎵 Sound and Calligraphy: Trace paths on special calligraphy while immersed in calming, healing sound.

✨ **Proven Benefits: Recognised by the UN, Amnesty International, and medical studies for easing pain and enhancing wellbeing.**

Spaces are limited—join us and be part of the change!

No charge/ Free activity for All.

