



LEE TAI CHI CENTRE

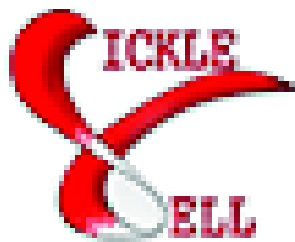


TAI CHI HEALING CONNECTIONS

**VICKY AHERN, SENIOR INSTRUCTOR
THE CHI CLINIC & LEE TAI CHI CENTRE
WILL BE AT VESTRY HALL ON SIX
CONSECUTIVE THURSDAYS STARTING
12TH AUGUST 2010 AT 2 – 3 PM
(WITH GROUP MEETING UNTIL 4 PM)
TO TEACH & SHARE HER EXPERIENCES
OF HEALING & WELLBEING EXERCISES.
THE SESSIONS ARE FREE BUT THERE IS
A SMALL FEE OF £5 FOR NON-MEMBERS**



**BY PRACTICING TAI CHI & QIGONG WE LEARN TO
LISTEN, RELAX, LET GO OF STRESS & TENSION,
WHILST MOVING GENTLY & SLOWLY TO
IMPROVE FOCUS, BALANCE, POSTURE &
THE NATURAL FLOW OF CHI ENERGY IN OUR
MIND, BODY, SPIRIT & LIFE.**



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