



Tai Chi

tuesdays

A great way to relax both your body and your mind...

Starting Tues 5th Feb 2019

**CwmClydach community Centre, Clydach Road,
(the old police station)Clydach Vale CF40 2BD**

Tuesdays 10am, £3.50 per session

**Professional, Insured Instructor Kevin Price
will ease you into this gentle ancient art of Tai Chi.
suitable for all ages and abilities (chairs provided for the less able)**

never had the opportunity? or love Tai Chi but never seem to find the time? Well here is your chance;
Students & Staff, both beginners and seasoned practitioners alike are welcome to - 'Tai Chi Tuesdays'