

# Class Time Table

DAY	CLASS	LOCATION
<b>TUESDAY</b>		
11:00-12NOON	Tai Chi for Health	Methodist Church Hall, Burscough
1:00-2:00pm	Qigong for Wellbeing	Evermoor Hub, Digmaor, Skem
<b>WEDNESDAY</b>		
10:30-11:30am	Tai Chi for Health	Parbold Women's Institute
12:45-1:45pm	<b>U3A</b> Yang-style 24 Forms Tai Chi	Aughton Village Hall
2 :00-3 :00pm	<b>U3A</b> Yang-style 108 Forms Tai Chi	Aughton Village Hall
7 :00-8 :00pm	Tai Chi Yang-style	Emmanuel Church Hall, Ormskirk
<b>THURSDAY</b>		
10:00-11:00am	Tai Chi for Health/Sun-style	The Pulse, Skem Concourse
2:45-3:45pm	<b>U3A</b> Qigong & Tai Chi for Health	Aughton Village Hall
4:00-5:00pm	<b>U3A</b> Tai Chi for Health	Aughton Village Hall

## Tai Chi in the Park - FREE CLASS

10:00-11:00am	<b>FREE</b> Tai Chi in the Park - Bowling Green in Coronation Park Ormskirk		
9th March	8th June	14th September	14th December
13th April	13th July	12th October	No gathering in January and February.
11th May	10th August	9th November	

Tai Chi & Qigong have been proven to reduce blood pressure, stress, and anxiety, improve balance and mobility, and increase wellbeing.

*"Helping people move better, breath better and feel better is my passion"*

