



# TAI CHI AND CHI KUNG WORKSHOPS with Andy Hamilton

**SATURDAY 22<sup>nd</sup> APRIL  
2017**

**The Mindfulness Centre,  
21 High Street, Staines,  
TW18 4QY.**

- 11:00 – 13:00 - Beginners;
- 14:00 – 16:00 – Intermediate.

**Cost = £20 per person**

These workshops will introduce students to the benefits of Tai Chi and Chi Kung. Often referred to as 'Meditation in Movement', the objective is to build mental and physical wellbeing by encouraging the circulation of Chi (energy).

For more details or to book, email:

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