

T'ai Chi Classes

Returning to Moreton-in-Marsh!

Led by T'ai Chi expert, Clive Birch.

**T'ai Chi for physical and mental health
wellbeing**



The benefits:

- Improves mobility and physical independence
- Improves management of long-term conditions
- Improves emotional wellbeing and sleep
- Relieves stress and promote relaxation

**Call now for more information
and to book your space!**

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