

# LIPHOOK U3A TAI CHI CLASSES

Come and join our very friendly and informative classes held every Wednesday morning, 9.30am to 10.30am at Liphook and Ripsley Cricket Club, on the old A3.

Cost approximately £5 per session

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Tai Chi is one of the fastest growing health activities for all ages, backed by scientific studies. It is a series of slow, controlled movements performed smoothly and accurately using mental concentration.

Physically it helps improve balance, coordination and circulation.

Mentally, it teaches you to relax, helps to calm and focus the mind.

Tai Chi is an exercise you can do all your life.

Tai Chi is recommended by the Rheumatism and Arthritis organisations.

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To join, or for further information, please contact Carolyn Williamson

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