



**AUTHENTIC
CHINESE
EXERCISE
SYSTEM.
TRY SOMETHING
DIFFERENT
& INTERESTING!**



TAI CHI KUNG FU FAN

**HEALTH
FITNESS
ENERGY
CORE WORK
SUPPLENESS
INTEREST**

**Monthly Workshops
on Saturday's**

9 am - 10.30 am - £15 per person

This Form is a modern & exciting way to get fit, improve your health, suppleness & mind/body connection.

The form combines elements of various styles of Tai Chi, Kung Fu & Chinese Opera & can be performed to the authentic uplifting music.

Sessions also include development in Qigong for Focus, Relaxation, Strength & Suppleness.

At CHEAM PRIORY CENTRE

316 Malden Rd, Cheam, Surrey SM3 8EP

with VICKY AHERN

Qualified by Deyin Taijiquan Inst.

Advanced Instructor with

Tai Chi Union of Great Britain

BEGINNERS WELCOME

CALL 020 8641 3756 / 07939 553379

www.theclinic.co.uk

