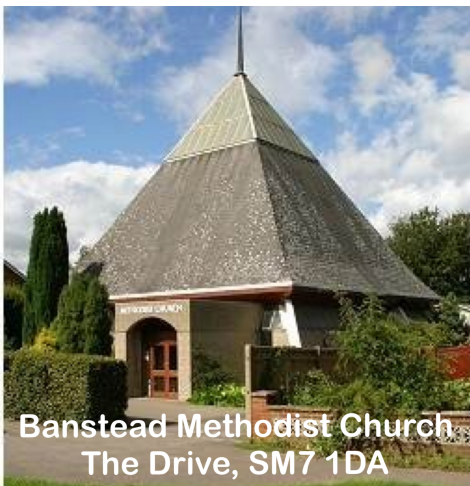


Tai Chi - Banstead

Thursday Evening Classes 2025/6



Banstead Methodist Church
The Drive, SM7 1DA



Banstead Methodist Church

The Drive, Banstead
SM7 1DA

Thursdays
7.30 pm 'til 9 pm.

Tai Chi 24 Forms
for Beginners & Improvers
includes Qigong & Meditation
Suitable for adults of all ages

Enquiries to Tony
07535 091719

Email - chiclinictony@gmail.com

Tony Hardiman

is a highly experienced & respected teacher who has been teaching Tai Chi, Qigong & Meditation for over 25 years.

His relaxed & helpful manner provides for the highest level of instruction in a friendly, welcoming environment.

£10 per session, pay as you go.

Also

Sunday morning classes with Tony
at Cheam Parochial Rooms,
42 The Broadway, Cheam, SM3 8BD

Thursday & Friday lunchtime classes
with Vicky at St Andrews Church,
The Avenue, Cheam, SM2 7HF

www.TaiChiQigong.co.uk

Fb: The Chi Clinic