

Seated Tai Chi

A gentle low impact sequence of movements to relax the body & mind, increase energy and improve balance and stability

At Dominics Community Centre

Mondays 2pm - 3pm

Starts 2nd March.

4 weeks: €20

To book contact Reception at
01 4590770.

Places are limited.

Rita Kelly is a Certified Instructor with: www.jadesuntaichi.com