

Steady & Social

Tai Chi for Beginners

**Fridays, 10.00am to 10.45am
at Project 229, Kempston**

Improve your balance, strength and posture

Tai Chi is an ancient slow paced Chinese martial art.

Now practised mainly for the health and wellbeing benefits it offers.

Some of those being improvements in balance, posture, co-ordination, range of movement, energy levels and reduction of stress levels.



All are welcome. No booking in advance required. Just turn up and pay on the day. First come first served basis. Cash only, change will be given.

Date / Time
Friday 1/3/24, 10.00am to 10.45am
Friday 8/3/24, 10.00am to 10.45am
Friday 15/3/24, 10.00am to 10.45am
Friday 22/3/24, 10.00am to 10.45am
Friday 29/3/24, No Session

Date / Time
Friday 5/4/24, No Session
Friday 12/4/24, 10.00am to 10.45am
Friday 19/4/24, 10.00am to 10.45am
Friday 26/4/24, 10.00am to 10.45am
Friday 3/5/24, 10.00am to 10.45am

For any questions, please contact Robert Lindsay:

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