

St Helen's Tai Chi Group

Meets at

**The Parish Centre
Stonegravel**

**Tuesdays
10.30 am – 11.45 am**

**The St Helens's Tai Chi group
Train in the Lee Family style of Tai Chi
Learning the Square Yard Form,
The Dance Form and also
practising Kai Men and Dao Ying**

**Cost: £2 per week
For further information telephone:
01246 237526/207833**

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