

RELAX & UNWIND

LFA T'ai Chi

2024 SUMMER COURSE



SUMMER COURSE 2024

20th - 24th July
10am - 2.30pm

5 Days of LFA T'ai Chi & Taoist Yoga including the
T'ai Chi Form and T'ai Chi Weapons exercises

**£140 five days,
£30 per day, £15 half day**

Suitable for all ages and ability levels



Book Now
07904 526944

More Information
sheila@lfataichi.online

WWW.LFATAICHI.ONLINE

SUMMER COURSE

DAILY 10AM - 2.30PM

T'ai Chi Form & Taoist Yoga, plus T'ai Chi Weapons

- ☯ 20th July - T'ai Chi Fan
- ☯ 21st July - T'ai Chi Knives
- ☯ 22nd July - T'ai Chi Silk
- ☯ 23rd July - T'ai Chi Stick
- ☯ 24th July - T'ai Chi Sword

SUMMER COURSE
20TH TO 24TH JULY

LOCATION: Inmans Primary School, Hedon, HU12 8NL
also available on zoom

TIME: 10am - 2.30pm daily

COST: £140 five days
£30 per day, £15 per half day

You will need a packed lunch and a drink,
soft shoes and comfortable clothing.



LFA T'AI CHI COURSES 2024

join in the fun...

SUMMER COURSE

Saturday 20th July to Wednesday 24th July 2024



TO BOOK

Please contact Sheila Dickinson to reserve your place on any of our Courses and Workshops

*Sheila Dickinson
TEL: 01482 898092
MOB: 07904 526944
EMAIL: sheila@lfataichi.online*

*Payments via Bank Transfer (please contact Sheila for details)
or PayPal via the website*

WWW.LFATAICHI.ONLINE/SHOP

BOOK NOW