



tai chi

aberdeenshire

TAIJI QUAN

QI GONG

MEDITATION

**For classes in Banchory or Aboyne
call Jane: 07816 493930**

**For classes in Ballater
call Ursula: 07999 691191**

www.taichiaberdeenshire.co.uk

TAIJI (TAI CHI)

Develop strength, flexibility and focus. Improve your posture, breathing and practice mindfulness.



QIGONG (CHI KUNG)

Learn to relax, calm your mind and increase your energy levels.



MEDITATION

Develop inner awareness and mental focus in a supportive atmosphere.

