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.