

# Tai Chi in Northcliffe Park

Join us this Spring & Summer for free  
Tai Chi and Qigong taster sessions

## **Easter 10-12 noon**

Saturday 20th April

Sunday 21st April

Monday 22nd April

## **Spring Bank 3-5pm**

Saturday 25th May

Monday 27th May

## **Summer Evenings 7-8pm**

Thursday 11th July

Thursday 18th July

Sessions start on the hour and half hour. Join us for a 20-25 minute session and stay for as many as you wish.

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### **Where to meet**

For all sessions meet at football pitches to the west of the top allotments. Look for the tai chi flags on the main tarmac path



**Join Us For A Display & Taster by the miniature railway at the Rae  
Gala Sunday 7th July**