



# TAI CHI MOVEMENTS FOR WELLBEING

with Caroline Taverner

- Venue:** Hurstbourne Tarrant Community Centre
- Day:** Weekly on Mondays
- Starting On:** 13<sup>th</sup> January, 2020
- Time:** 1.30pm
- Duration:** 45 minutes
- Cost:** 1<sup>st</sup> class - £10; thereafter, £8 per class. Pay as you go.
- Clothing:** Loose comfortable clothing. Layers are always a good idea!
- Footwear:** Soft, flat shoes

## The benefits of TMW may include:

- Physical/emotional wellbeing
- Improved attention & concentration
- Improved posture
- Increased flexibility
- Relief from anxiety
- Calmness & relaxation
- Self-care and self-healing
- Hand/eye co-ordination
- Improved balance
- Improved circulation
- Increased self-confidence

**For more information, or to book yourself a place on the classes, please call or email:**

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