

# YORKSHIRE CHI

Tai Chi and Qigong are ancient Chinese practices that promote physical and mental well-being through slow, controlled movements and deep breathing. They can improve flexibility, balance and strength, while reducing stress and anxiety.



Bar: 07582 824244

<https://yorkshiretaichi.uk/classes>

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<b>Tuesdays</b> 7:00 - 8:00pm 8:00 - 8:30pm	Qigong & Tai Chi Partner exercise	Kirkgate Community Centre
<b>Thursdays</b> 11:30am - 12:30pm 2:00pm - 3:00pm 7:00 - 8:00pm	Qigong & Tai Chi	Victoria Hall, Saltaire
	Qigong & Tai Chi	Wesley's Community Hub, Baildon
	Qigong & Tai Chi	Kirkgate Community Centre
<b>Fridays</b> 9:30 - 10:30am 10:30 - 11:15am	Qigong & Tai Chi Advanced Tai Chi	Near the bandstand, Roberts Park Saltaire



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