



Elemental Tai Chi

Contact Details: Mr Robert Joyce
robert@elemental-taichi.co.uk
07915 083301
www.elemental-taichi.co.uk



“Elemental Tai Chi Robert Joyce”

Elemental Tai Chi

Exercise for All

New Beginners Class

Balance Relaxation Chi-Gung Healing
Health Unity

Wednesdays 2pm – 3pm
Starts Wednesday 25th February 2015

We are pleased to announce a brand new Elemental Tai Chi class in Poole. Due to popularity of the courses the Charity has been running over the last 12 months, we have decided to run a permanent Tai Chi class where attendees can “pay as they go”. There is a small cost of £5 per session to cover the cost of the hall and instructor. If you like any further information please contact Robert Joyce (Tai Chi instructor) or alternatively contact the Charity.

Venue:

There are two bus routes on the main Wimborne road near to the hall.

Moose Hall, 2 Jolliffe Road, Poole BH15 2HB



prevention through education

11 Shelley Road, Bournemouth, Dorset, BH1 4JQ

Phone 01202 443064

mail@osteodorset.org.uk

www.osteodorset.org.uk

Registered Charity No: 1023507

Tai Chi is an ancient form of Chinese martial arts which is good for improving posture and balance. Good balance, co-ordination and muscle strength are vital for lessening your risk of falling and therefore breaking a bone if you have osteoporosis.