

# Tai Chi Qigong

Join Phil from Discover Tai Chi, for an hour of easy to learn tai chi and qigong movements from ancient China.

## What is it?

Studies show that with regular practice simple tai chi and qigong movements can improve brain health and cognition, posture, balance and help prevent falls, build strength, promote sleep, improve mood, and can help with some joint pain.

In this fun session with Phil you can follow along seated or standing. You can even sit back, relax, and simply enjoy watching the slow, elegant movements. Phil will guide you to take time to slow down and find some breathing space for yourself.



**When: Wednesday 6th September 2023**

**Time: 2pm - 3pm**



**Venue: Main Hall, Little London Community Centre, Oatland Lane, Little London, LS7**

## What should I bring?

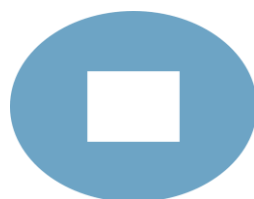
Just yourself in loose fitting clothing so you are comfortable, which is easy to move in, we provide the chair. If needed, you might wish to have some water handy in case it's needed.

## Do I need to book?

Yes, please call/text Lisa 07436 530073 to book yourself onto the session

If you have any questions before making a booking just get in touch.

All bodies welcome!



**Supporting Older People in the Community since 1995**

REGISTERED CHARITY NUMBER 1138782 & COMPANY LIMITED BY GUARANTEE 07402794

Caring Together in Woodhouse and Little London, 127 Woodhouse Street, Leeds LS6 2PY