



Irish Network Stevenage

Tai Chi

Tai Chi involves slow, gentle, flowing movements and deep breathing. It is widely practiced for its health and wellness benefits, including stress reduction, improved balance, and increased flexibility. A fantastic way to start the week!

- ✓ **The Oval Community Centre**
- ✓ **Mondays 9.15am - 10.15am**
- ✓ **£2.50 for members & £4.50 for non-members**

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