



## Tai Chi and Chi Kung Class Timetable

Day	Time	Venue	Details
Monday	10.15 - 11.15am	Dean Rise Women's Institute	Members
Monday	3 - 4pm	Cookham Dean Woman's Institute	Members
Tuesday	11am - 12pm	Woodlands Park Village Centre, Maidenhead	Tai Chi/Chi Kung for absolute beginners
Wednesday	10 - 11am	Woodlands Park Village Centre, Maidenhead	Chi Kung
Thursday	11 - 12pm	Cliveden Club, Taplow	Members

**Small groups and individual tuition also available.**

For more information please call Kathy Webb on 01628 672284 or email [thamesvalleytaichi@btinternet.com](mailto:thamesvalleytaichi@btinternet.com)

**Member of British Council for Chinese Martial Arts  
Member of the Tai Chi Union for Great Britain**