

# Tai Chi Qigong Shibashi

When: Fridays 12-1pm (3 June - 26 August)

Where: Henstridge Village Hall

Cost: £3.50 (first session FREE)



## Why you should...

Shibashi is a style of Qigong that uses movements from Tai Chi. This class can help to reduce stress, improve balance and general mobility, and increase muscle strength in the legs.

Find out  
more...

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