

Seasons Greetings from Longwater Tai Chi



				Last 2017	First 2018
Monday	10.30am	Fordingbridge	TCQ Waves drop-in	11 Dec	8 Jan
Monday	12 noon	Verwood	TCQ Waves drop-in	11 Dec	8 Jan
Monday	6.30pm	Southampton	Tai Chi 5 Section	11 Dec	8 Jan
Tuesday	1pm	Ringwood	TCQ Waves drop-in	12 Dec	9 Jan
Tuesday	2pm	Ringwood	TC for Health	12 Dec	9 Jan
Wednesday	10am	Wilton	TCQ Waves drop-in	13 Dec	10 Jan
Wednesday	11am	Wilton	D&T Qigong	13 Dec	10 Jan
Wednesday	12 noon	Wilton	Tai Chi Wu 64	13 Dec	10 Jan
Wednesday	12 noon	Wilton	TCQ Waves drop-in	6 Dec	10 Jan*
Wednesday	6.30pm	Downton MH	TC Qigong drop-in	13 Dec	10 Jan
Wednesday	7.15pm	Downton MH	Tai Chi Wu 64	13 Dec	10 Jan
Thursday	11am	St L&St Ives	TC for Health	14 Dec	11 Jan
Thursday	2.30pm	Fordingbridge	TC for Health	14 Dec	11 Jan
Thursday	6.30pm	Salisbury	TC Qigong drop-in	7 Dec	11 Jan
Thursday	7.15pm	Salisbury	Tai Chi 5 Section	7 Dec	11 Jan
Friday	11am	Downton DH	D&T Qigong	15 Dec	12 Jan
Friday	1.30pm	Downton DH	Meditation	1 Dec	12 Jan
Friday	2pm	Downton DH	Healing Group	8 Dec	19 Jan
Saturday	10am	Downton MH	Tai Chi Wu 64	9 Dec	
Saturday	1pm	Downton MH	TC 5 Section Sword	9 Dec	
Saturday	10am	Wilton	Tai Chi 5 Section		27 Jan
Sunday	10am	Downton MH	Neigong		28 Jan
Sunday	1pm	Downton MH	Tai Chi Wu 64		28 Jan
Saturday	10am	Wilton	5 SEASONS workshop		13 Jan
Sunday	10am	Wilton	5 Seasons Review		14 Jan
Tues & Thurs		Downton DH	Private Lessons	7 Dec	9 Jan

*In Room 3 from January 2018

NB Any class marked as 'drop-in' is suitable for anyone, including new beginners at any time

Check out our website for further information, inspiration, videos, links and more

www.longwatertaichi.co.uk