



## **T'ai Chi Chuan & Chi Kung online classes**

Improve posture, focus, relaxation,  
flexibility, co-ordination, balance & strength

With Faradena Afifi

Monday 10.30am-12.15pm, 5-6pm

Wednesday 12.30pm - 1.30pm

Thursday 10 - 11am

Friday 9.30-10.30am,  
10.30-11.45am

**UK time, £5/hour**

**contact [faradena@yahoo.co.uk](mailto:faradena@yahoo.co.uk)**

**for links and info**

**[www.grey-heron.com](http://www.grey-heron.com)**