

Rainbow Tai Chi Classes

On Tuesday 16th of January a new cycle of Rainbow Tai Chi started in the Village Hall in Liverton. Rainbow Tai Chi can help you to relax and let go of stress, worries, pain, and find (back) peace, acceptance and ultimately happiness inside yourself.

No experience is needed and classes are suitable for all levels of fitness. It is still possible to join this cycle of classes on Tuesday evenings; there is a break on February 6th, after which we will continue on February 13th for another 7 weeks. Come and learn this effortless way of moving and living, and experience the fun of practising Rainbow Tai Chi with Liza on Tuesday evenings, 7 - 8.30pm, in the Village hall (price is 35 pounds for a 10-week cycle, or 5 pounds for drop-in).

For more information and enrolment email Liza at liza.disselhorst@gmail.com or call 07729018434.