

20 days in the park

FUSION
of
Traditional Sun Form Tai Qi
and
Mindfulness Meditation
in St David's Park
9th Feb through 29th of Feb
6pm - 7.15pm
everyday

FREE



**WE CANNOT IGNORE THE GROWING
BODY OF EVIDENCE**

that mindfulness meditation
and oriental metaphysical practices such as
Traditional Tai Qi, Qi Gong lead to improved
stress reduction
greater relaxation
greater ability to deal with life events



BOOKINGS
<http://www.sauvage-feng-shui.com/smbh.htm>