

FREE  
ENTRY

# Shefford Tai Chi Festival

April 29th  
2017  
10am-4pm

• *Chat and try for free*  
- *find out if Tai Chi is*  
*for you:*

- Demonstrations
- Taster Classes

## Guest presentations

- Yoga
- Pilates
- Taekwondo
- Wing Chun
- Thai Kickboxing
- Alexander Technique
- Meditation
- Massage

- Development Groups
- Falls Prevention Classes
- Master Classes
- Alternative Health Exercises
- Discussions - History of Tai Chi,  
Tai Chi movement Theory
- Over 50's Classes

Tea and Cakes - by donation

Massages available

Venue: Shefford Community Hall,  
60 High Street, Shefford,  
Bedfordshire, SG17 5AX

Date & Time: 29th April 2017,  
10am - 4pm. Entry: free of charge

*For further information,*  
*contact Ian Deavin:*  
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