

Tai Chi for Everybody - Class Timetable

Tai Chi Quan

| Day | Time | Venue |
|----------|--------------|---|
| Tuesday | 19.00- 20.30 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |
| Thursday | 10.00- 11.30 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |
| Thursday | 19.00- 20.30 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |

Fee: £84 for eight consecutive classes

Qigong

| Day | Time | Venue |
|-----------|--------------|---|
| Tuesday | 19.00- 20.00 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |
| Wednesday | 10.00- 11.00 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |
| Thursday | 10.00- 11.00 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |
| Thursday | 19.00- 20.00 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |

Fee: £56 for eight consecutive classes or £10 pay as you go

Balance for Life

| Day | Time | Venue |
|---------|---------------|---|
| Tuesday | 10.00 - 11.00 | Lambs Farmhouse, Basingstoke Road, Swallowfield RG7 1PY |

Fee: £7 pay as you go

Eva also gives individual lessons from 9:00 to 18:00 for £50 an hour.

For further information, please contact Eva Koskuba.



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Eva Koskuba B.A.