

Daoist Tai Chi

Get fit & healthy, Relax De-stress, Get supple Boost your Energy (Qi), Feel more confident

E mail: phil@lishi.org or see www.lishiarts.org

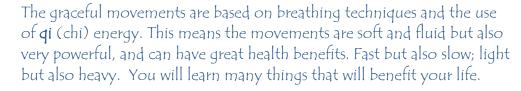
Benefits of Daoist Tai Chi - called Lishi

The benefits of Daoist exercise systems are phenomenal and if you are looking to improve your health, fitness, confidence or well-being in any way, then you are lucky to be reading this flyer.

Our classes and courses are friendly and welcoming with people of all ages and abilities. You are very welcome and are guaranteed to have fun, so if you think this could be for you, come along. All you need is loose comfortable clothing (e.g. tracksuit bottoms, T-shirt and trainers).

You will learn:

- ◆ Daoist culture and philosophy
- ♦ How to keep fit and healthy
- ♦ How to improve your posture
- How to move effectively and efficiently
- ♦ How to defend yourself
- ♦ How to eat well
- ♦ How to improve your concentration & memory
- How to use and develop your energy



Your local class is at:

Thornton Village Hall, Thornton le Dale (Alternative venue when auction on)

9.00am to 10.30am Saturdays €7.00

For more details contact Phil on 07921100188.

