

TAI CHI CLASS



Dao Harmony

Tai Chi and Qi Gong is an exercise program for health and wellbeing based on Traditional Chinese Medicine (TCM). My classes are suitable for all ages and all abilities. It is thought that practicing Tai Chi regularly is useful for building strength, improving balance and mobility. Through the slow gentle movement of the joints and limbs, Tai Chi drives the blood circulation, the respiratory system, the endocrine system and the nervous system of the body to generate more energy and in turn can make the body feel stronger.

Friday: 9:30 - 10:30 am

Main Hall, Prestwick Community Centre, 25 Caerlaverock Rd,
Prestwick, KA9 1HP



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