

Gloria Hanson



INFINITE

TAI CHI

Monday Evenings 7:00 – 8:30 pm

St. Christopher Church

(13 Moorgate Avenue, Old Moat, M20 1HE
off Princess Parkway, Free Parking)

January - August Schedule 2017

Session 1

16 January
23 January
30 January

Session 2

6 February
13 February
20 February
27 February

Session 3

6 March
13 March
20 March
27 March

Session 7

3 July
10 July
17 July
24 July (No Class)

Session 4

3 April
10 April
17 April (No Class Easter Monday)
24 April

Session 5

1 May (No Class Bank Holiday)
8 May
15 May (No Class)
22 May
29 May (No Class Bank Holiday)

Session 6

5 June
12 June (No Class My Retreat)
19 June
26 June

Session 8

7 August
14 August (No Class)
21 August (No Class)
28 August (No Class)

Classes will resume 11 September 2017

Please wear comfortable clothing for easy movement and bring a yoga mat and warm wrap for relaxation. Classes are taught in block sessions. A minimum of 5 people is required to run a session. Cost is £6.00 per class. Payment is to be made at the beginning of each session. Please make cheques payable to Gloria Hanson. Please text Gloria 07870 335 348 if you are unable to attend a class.

*For more information about classes, workshops, courses and retreats, please visit my websites:
www.radiantlivingmanchester.com or www.mindful-solutions.co.uk*