



*Gloria Hanson*

**Infinite TAI CHI™ and Chi Kung**  
**for Health & Well Being**

**Wednesday Morning 10:00 - 11:30 am**  
**St. Wilfrid's Church Hall (Ford Lane, Northenden)**

**January - August 2017**

**Session 1**

18 January  
25 January

**Session 2**

1 February  
8 February  
15 February  
22 February

**Session 3**

1 March  
8 March  
15 March  
22 March  
29 March

**Session 4**

5 April  
12 April  
19 April  
26 April

**Session 5**

3 May  
10 May  
17 May (No Class)  
24 May  
31 May

**Session 6**

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

**Session 7**

5 July  
12 July  
19 July (No Class)  
26 July

**Session 8**

2 August  
9 August  
16 August (No Class)  
23 August (No Class)  
30 August

**Classes will resume 20 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 class. Please make cheques payable to Gloria Hanson. Always listen to your body and rest any time you need to during class.*

*For further information about other classes, workshops, courses and retreats please visit my websites: [www.radiantlivingmanchester.com](http://www.radiantlivingmanchester.com) and [www.mindful-solutions.co.uk](http://www.mindful-solutions.co.uk)  
Gloria can be contacted at 07870 335 348 or [redglo2000@yahoo.com](mailto:redglo2000@yahoo.com)*