



# TAI CHI



# CHUAN



HAND FORM    PUSHING HANDS    SELF DEFENSE



## Queens Park Church of Scotland

170 Queens Drive (ring bell on left door)

£6.00 Waged    £4.00 Unwaged

**CLASS STARTING 15TH AUGUST 2011**

**Monday 7.30pm - 9.30pm**

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Glen is certified with FIVE WINDS SCHOOL.

[www.five-winds.co.uk](http://www.five-winds.co.uk)



# BEGINNERS WELCOME