



NEW CLASSES!

TAI CHI - QI GONG

To calm, nurture and balance your body & mind

St John's Hall The Broadway Kidlington OX5 1DD

THURSDAYS 11 – 11.50am (term time)

Cost: £15 per class

Tai Chi – Qigong is calming, nurturing system of mindful movements. It consists of simple coordinated movements plus breath exercises and is used for the purposes of health and vitality.

- * These practice will be focused around the needs of the students
- * Including exercises for lifestyle diseases, anxiety, depression, arthritis, chronic pain, respiratory issues, immunocompromised
- * Targeted strength, mobility, balance and flexibility for those who want to improve their overall well-being and fitness

1st CLASS FREE 4th September 2025 <https://pureharmonyway.com/contact>

For Info or to book Contact: athakurdas@gmail.com

Amy Thakurdas, N.D. specializes in stress and trauma management using eastern Mind-Body methods. She studied Medical Qigong with Master Zhou Ting Zue and Yoga with B.K.S. Iyengar, in Los Angeles. Amy teaches how to combine dynamic movements with a deep mindful breathing to create a calm, balanced healthy life.

