



Therapeutic Tai Chi/Qigong is a very 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. Learn the ancient art form and experience these health benefits:

- * Increased energy, stamina, strength, flexibility, mobility and balance.
- * Improved heart and bone health, posture and co-ordination
- * Reduce blood pressure, inflammation and stress
- * Combat depression and anxiety through nervous system regulation
- * reduces chronic pain, respiratory issues and immunocompromised

Beginners please join our fun, friendly group. Just turn up and enjoy!

Therapeutic Tai Chi - Qigong

Develop a sense of inner calm.

Nurture your body & mind to a state of balance, health & vitality

Venue: Baptist Church Hall, High Street, Kidlington, OX5 2DS

Date: Mondays 2 – 3pm (term time)

NEW CLASS starts 7th Sept 2026

Cost: £ 15 per class or £75 for 6 weeks

Contact Dr. Amy: Tel: 07860 217771

athakurdas@gmail.com

<https://pureharmonyway.com/contact>

Dr. Amy Thakurdas is a naturopath specialising in holistic therapies. She's been practising Tai Chi and Qi Gong since 1993 and taught in Oxfordshire since 2008.