

Women's Tai Chi



Women's Tai Chi at the Glasshouse, Springfield Park

About This Event

Tai chi is a Chinese martial art practiced worldwide.

Open to all women in the Springfield/Stamford Hill area.

All ages welcome, no equipment necessary. Not suitable for pregnant women less than 23 weeks.

To book your place, please complete the [booking form](https://whcic.org.uk/tai-chi-and-qigong/).

Cost: £2 – £10 contribution welcome to cover costs

Dates: Term 1: September 11, 2025 to December 11, 2025

Accessibility Information

Visit <https://whcic.org.uk/tai-chi-and-qigong/> for more information.



Event Time

Every Thursday
from Thu, 11th Sep 2025
until Thu, 11th Dec 2025

**Thu,
16th Oct
2025**

9:30am – 10:30am



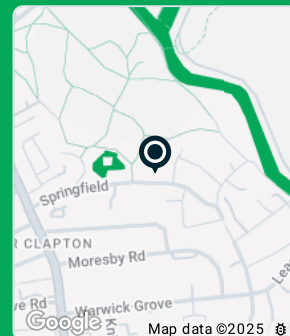
Event Price

**Pay what you
can**



Event Location

**The Glasshouse,
Springfield Park
Springfield Park,
London
E5 9EF**



Please use this [form](#) to book your place.

