

Women's Tai chi and Qigong for beginners



Open to all women. The classes will take place at the Glass House in Springfield Park.

About This Event

A new class for beginners who want to try out Tai chi and Qigong on Monday mornings.

We look forward to welcoming you to our class. To book your place, please complete the [booking form](#).

Participants are encouraged to wear comfortable clothing and flat-soled shoes suitable for movement.

Please arrive 5 minutes early for the session to start on time.

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

Accessibility Information

To book a place please use the [booking form](#)

Event Time

Every Monday

**Mon,
20th Oct
2025**

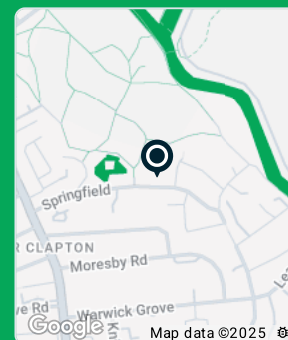
9:30am - 10:30am

Event Price

**Pay what you
can**

Event Location

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



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

