

TAI CHI SHIBASHI

CLASSES IN LLANELLI

18 Beautiful, gentle moves to restore physical and mental balance. Excellent for those returning to some kind of fitness or need to slow down to improve their mental wellness.

Relax

MONDAYS: DAFEN HALL SA14 8LR
1ST, 2ND, 3RD OF MONTH AT
6 PM AND 7 PM (2 x 1 hour classes) £5

TUESDAYS: CLOS LLANFIHANGEL
COMPLEX,
DAFEN SA14 8DX
1ST, 3RD, 5TH OF MONTH AT 5 PM £4

For details contact:

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