

natural  elements

TAI CHI & KUNG FU

with Shifu Paul Lockyer & GRANDMASTER GOU KONGJIE



Improve your overall health & wellbeing, building confidence, strength & skills for self defence.

SATURDAYS IN OXFORD

OXFORD SILVER BAND HALL - TEMPLE RD, TEMPLE COWLEY, OX4 2EZ. (OPP. OLD LEISURE CENTRE)

09.00 - 10.30

Kids Mixed Shaolin Kung Fu & Chen Tai Chi

10.30 - 12.00

Adults Chen Style Tai Chi Class

All ages and abilities welcome! For more info please contact Paul:
FREE PHONE: 0800 75 66 422 e: paul@naturalelementsgroup.co.uk