

TAIJI QI GONG FLOW



MONDAYS 9-10am @De Pijp

Start your week in *FLOW* with this Taiji Qigong series: slow down, root yourself, balance your energy, train your posture & practice gentle perseverance.

Weekly at Huis van de Wijk, 2e van der Helststraat 66.
Costs: €33/month.

Subscribe now for a free trial lesson:
<https://www.ariellebrouwer.nl/contact>

