

PURE Tai Chi and Qi-Gong



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QI CHINA
INTERNATIONAL

Benefits of learning Tai Chi and Qi-gong [Chinese health care exercises]:

IMPROVED CO-ORDINATION and BALANCE
REDUCTION OF STRESS AND HYPERTENSION
ENHANCED STAMINA
ASSISTING WEIGHT LOSS
BETTER CONCENTRATION AND CLARITY OF MIND
HARMONISATION OF MIND, BODY, AND SPIRIT
ENHANCEMENT OF THE FLEXIBILITY OF LIMBS AND BODY



Qi China International classes and health care services:

We provide beginner to advanced-level walk-in classes, and teaching services (Bournemouth, Poole and Dorset) to suit your individual [health and wellness](#) needs. For information please call **01202 580 414**

Classes are mixed gender or female-only (including for the over 50's). Free pilot courses are from time to time available in your area. For more information please call or email us.

Website: www.qi-china.com

Call: 01202 580 414 Email: info@qi-chinainternational.com



Our services are provided by Head of organisation [Alan Tinnion](#), (doctor of acupuncture and Chinese Health care exercise: Shanghai University of TCM) who has over 30 years teaching and clinical practice Experience. Alan works with the Bournemouth University Clinical Trials Team and receives GP referrals.