

Kilkenny and Carlow Education and Training Board

Tai Chi -- Online

Have you ever wanted to give Tai Chi a try. Now you can do so from the comfort of your own home.



Tai Chi develops great inner strength and stamina in the body. It promotes vibrant physical health with overall peace and calm. It is suitable for all levels of fitness.

We are offering two different course times:

Course Day: Monday from 7.00pm - 8.30pm or Tuesday from 11.00am - 12.30pm

Start Date: Monday March 1st and Tuesday March 2nd for Six Weeks.

**This
Course is
Free**

If you would like further information or if you would like to book a place on the course please contact Fiona at fdunne@kcetb.ie