



# Tai Chi & Qigong



## Ruyi School of Taijiquan & Qigong

[ruyischool.com](http://ruyischool.com)

[ruyischool.mk@gmail.com](mailto:ruyischool.mk@gmail.com)

### Monday

Frederick Street Health Village - *Taijiquan (Tai Chi) 24-step simplified form* 9:30-10:30am  
(over 65's only), drop-in class

Rubislaw Church Centre - *Qigong* 11am-12noon  
drop-in class

Unitarian Church Hall - *Wudang Five Animals Health Qigong* 7-8pm  
drop-in class

Unitarian Church Hall - *24-step simplified form Taijiquan (Tai Chi)* 8-9pm  
drop-in class

### Tuesday

Citymoves Studio - *Taijiquan (Tai Chi) 24-step simplified form* 1-2pm  
drop-in class

Kincorth Community Centre - *Mindful Movements* 7:30-9pm  
(restarts 21<sup>st</sup> August) drop-in class

### Wednesday

Confucius Institute, University of Aberdeen - *Taijiquan 24-step simplified form*  
contact the Confucius Institute [confucius@abdn.ac.uk](mailto:confucius@abdn.ac.uk)

### Thursday

Catherine Street Community Centre - *Taijiquan (Tai Chi) 24-step simplified form* 9:45-10:45am  
drop-in class

### Friday

Frederick Street Health Village - *Qigong* 10-11am  
(over 65's only), drop-in class

