



Shire Hill Lian Gong Shi Ba Fa Association

The Complete Therapeutic and Health Care System
AND

Yong Nian Taijiquan (UK)

A member of the World Yong Nian Taiji Federation



Opportunities to Study Taiji, Qi Gong & Lian Gong Shi Ba Fa in Glossop & Tameside.

Monday 1.30—3.00p.m.

Glossopdale Community College, Hadfield.
Self-help Taiji /Qi Gong Group with instructor
attending occasionally.
£1.00

Monday 1.45— 2.45 p.m.

Instructor: Kevin McQuaid.
Forrest Road Sheltered Housing, Haughton
Green.
Lian Gong / Chi Kung.
£1.50

Monday 3:30—4:30 p.m.

Our Lady of Mount Carmel Primary School,
Holden Street, Ashton-Under Lyne.
Instructor: Kevin McQuaid
Taiji / Lian Gong
TBA

Tuesday 12.00-1.00p.m.

Instructor: Kevin McQuaid
Hattersley Community Centre, Hattersley
Road East.
Taiji / Qi Gong/ Lian Gong
£3.00

Wednesday 10.00—12.00 a.m

Instructor: Kevin McQuaid.
Bradbury Community House, Market Street,
Glossop.
Self-help Taiji / Qi Gong group with instructor
attending every four weeks.
£1.00

Thursday 11:00 a.m. – 12.00 a.m.

Instructor: Steve Jackson-Turner
Methodist Church Hall, Two Trees Lane,
Haughton Green.
Taiji / Lian Gong / Qi Gong
£1.50

Thursday 5.00—6.30 p.m.

Instructor: Kevin McQuaid
Our Lady of Mount Carmel Primary School,
Holden Street, Ashton Under Lyne.
Taiji/ Qi Gong/ Lian Gong & Sabre
£5.00

Friday 9:30 a.m.—10:30 a.m.

Instructor: Steve Jackson Turner
The Studio, The Old Sawmill, Surrey Street,
Glossop.
Taiji / Lian Gong/ Qi Gong.
£4.00—£5.00

Friday 1-2 p.m.

Instructor: Steve Jackson Turner
Haughton Green Centre, Mancunian Way,
Haughton Green.
Taiji / Lian Gong/ Qi Gong
£1.50

Kevin McQuaid, Chief Instructor,
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