



## Huanying Holistics

# Tai Chi Classes, Energy Treatments, Meditations and more

Day	Location	Modalities	Contact
Monday	On-line / in person Churchtown - D14 H262	Chi Kung 10:30 am	Stuart - 086 3891651
	Co Meath - Cedar Lodge, A83 PY95	Chi Kung & Meditation 10:00am to 11:15	Clíona - 087 366 2520
	The Treatment Room, Maynooth Business Campus, W23 K2W6	Chi Kung & Meditation 10:00am to 11:15	Clíona - 087 366 2520
	Loreto Centre Crumlin D12 PW66	Tai Chi with Jane 10:00am to 11:30am	Loreto Centre - 01 454 1078
	F2 Centre Rialto, Dublin 8	Tai Chi with Jane - 12 noon	F2 Centre - 01 4716700
Tuesday	CDETB, Captains Road, D12 Y3Y6	Tai Chi with Jane 10:30am to 11:30am	CDETB - 01 7090250
	Confey GAA Club, Co Kildare W23 A66T	Tai Chi with Eugene 10:00am - 11:00am	Eugene - 086 8209346
	Balally Pastoral Centre, Balally	Tai Chi with Eugene 12:30pm - 1:30pm	Eugene - 086 8209346
	Churchtown D14 H262	Tai Chi 7:30pm	Stuart - 086 3891651
Wednesday	Greenhills Community Centre D12 Y899	Tai Chi 10:00am	Stuart - 086 3891651
	Churchtown D14 H262	Tai Chi with Eugene 11:30am to 12:30pm	Eugene - 086 8209346

	Nás na Ríogh Community Centre	Tai Chi 12:30pm	Stuart - 086 3891651
	Geraldine Hall, Maynooth	Tai Chi 2:00pm to 4:00pm	Chris - 086 879 0534
	Churchtown D14 H262	Tai Chi with Eugene 7:30pm to 8:30pm	Eugene - 086 8209346
Thursday	Lumen Centre, Sion Hill, Blackrock A93 A3C7	Tai Chi with Jane 9:30am and 11:00am	Lumen Centre - 01 288 2075
	Firhouse Community & Leisure Centre	Tai Chi with Eugene 9:30 am to 10:30am	Eugene - 086 820 9346
	WSAF, Somerville Drive, D12	Tai Chi with Eugene 11:15 to 12:15	Eugene - 086 820 9346
	Churchtown D14 H262	Tai Chi 7:30pm	Stuart - 086 3891651
Friday	Perrystown Manor Estate Community Centre, Dublin 12	Tai Chi 10:00am	Stuart - 086 389 1651
Friday	The Treatment Room, Maynooth Business Campus, W23 K2W6	Meditation 7:30 pm to 8:30pm	Chris - 086 879 0534 <a href="http://www.treatmentroom.ie/ksa.html">www.treatmentroom.ie/ksa.html</a>
Saturday	Loreto Centre Crumlin D12 PW66	Tai Chi with Jane 9:30am	Loreto Centre - 01 454 1078
Weekends	Churchtown - D14 H262	Seminars and treatments by appointment	Stuart - 086 3891651
By Appointment	Co Meath - Cedar Lodge, A83 PY95	Sound bath, Energy Therapy, Massage	Kamila - 087 151 9351
	Maynooth Business Campus, W23 K2W6	Acupressure and Acupuncture	Chris - 086 879 0534 <a href="http://www.treatmentroom.ie/ksa.html">http://www.treatmentroom.ie/ksa.html</a>
	Churchtown - D14H262	QCT, Colour therapy, acupressure, acupuncture, physical therapy	Stuart - 086 3891651

