

Tai Chi Plus – Almere

Courses fall 2024 (12 weeks)

Every **Sunday** from September 8th until December 8th

*From November 2nd in the gym at the Lingestraat 38 in the Waterwijk

*10:00 - 11:00 o'clock - [Qigong & Tai Chi Yangstyle 24 postures](#)

Every **Monday** from September 9th until December 9th

*In the Draaikolk in the Waterwijk (Lekstraat 2)

*9:15 - 10:15 o'clock - [Tai Chi & Qigong – Basic course](#)

*10:30 - 11:30 o'clock - [Tai Chi - for arthritis](#)

Every **Wednesday** from September 11th until December 11th

*From November 2nd in the Draaikolk at the Lekstraat 2 in the Waterwijk

*10:00 - 11:00 o'clock - [Tai Chi & Qigong – Basic course](#)

Every **Thursday** from September 12th until December 12th

09:30 - 10:30 o'clock - [Tai Chi & Qigong on the beach - Almeerderstrand](#)

Every **Friday** from September 6th until October 18th (7 weeks)

08:45 - 9:45 o'clock - [Tai Chi Bamboo Stick & Qigong on Utopia Island](#)

NB: There are no classes from Saturday October 19th until Saturday November 2nd.

Venues for class

- During the winter the lessons are indoors, in community center De Draaikolk and in the gym at the Lingestraat in the Waterwijk
- Until November most classes will take place behind the playground at the Noorderleedeweg near the Noorderplassen in Almere. That is across from the entrance to the street called Lijzijde. Here is a link to google maps: <https://goo.gl/maps/mxCYUG2gAB7qUUdx8>
- In case of rain or storm we divert to my large carport near the playground at the Noorderplassen East.
- On the beach in Almere Poort we practice near the Duinbad: <https://maps.app.goo.gl/xerJjDpH9rNyNKxw9>
- **Utopia Island** is a new, special venue. We practice with volunteers of the ecosystem restorative agricultural project of the Weerwoud foundation (utopiaeiland.nl). Here is a link to the location of the Friday morning classes at Utopia Island: <https://maps.app.goo.gl/LHa1Jk728wtaTqTQ9>

Sign up and cost:

- You can sign up by sending me an email (taichiplus.nl@gmail.com) or by calling or apping me ([06-15373682](tel:06-15373682)).
- You can choose between 3 different training packages:
 - During 12 weeks 1 class per week for a contribution of €96

- During 12 weeks 2 classes per week for a contribution of €168
- During 12 weeks unlimited classes for a contribution of €199
- The course Tai Chi Bamboo Stick on Utopia Island only lasts 7 weeks. The total contribution is €56
- These are the prices for the whole period. If you join later, you only pay the remaining classes.
- It is always possible to catch up a class if you miss one.
- Please transfer the total amount to IBAN NL 79INGB0005114863 in the name of M.A. Goudsmit in Almere.
- Spread payment is possible in consultation
- You can always take a free trial class!