



TAI CHI CLASS



Are you interested in enhancing your energy, health and balance? Have you wanted to try Tai Chi but held back? Come and join the Green Angels team at Hassall Green Nature Reserve for FREE bi-weekly, outdoor Tai Chi lessons. No previous experience required. 18+ only.



TUESDAY 6TH AND 20TH MAY



2-3 PM



**Hassall Green Nature Reserve,
CW11 4XX**



BOOKING IS ESSENTIAL

Spaces are limited so please contact Rebecca early!

To apply, contact Rebecca Mooney on 07920139209 or e-mail:
greenangels@thelandtrust.org.uk

Scything Refresher Course

Have you previously learnt to scythe with Green Angels? Do you want to refresh your skills before mowing season starts? This FREE refresher course will help you regain your knowledge and skills to put into practice during the season!

This 1-day course will cover the following topics:

- Refresh of scythe set up
- Refresh on scything stance and technique
- Peening (hammering the blade for sharpening)
- Sharpening in the field
- Care & maintenance



**Tuesday 13th
May**



10am - 4pm



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GREEN
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the
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