

My Escentia



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WELLNESS



TAI CHI PROGRAMME FOR BEGINNERS

□ BEGINNER TAI CHI ROUTINE PROGRAMME

Discover the power of gentle movement, deep breathing, and inner calm with our **Beginner Tai Chi Routine Programme**—designed especially for those starting their wellness journey.

[Read More](#)

SKU: N/A

Price: R90,00

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Tai Chi Programme for Beginners 2

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