

Tai Chi- Qigong Classes

Reduce stress. Calm and ground yourself. Cultivate energy and concentration. Improve balance, coordination and flexibility. Loosen and strengthen joints and muscles. Learn simple easy flowing Qigong (Shibashi 1 or 2) and Yang Style Tai Chi (10 form). Suitable for all ages - join class anytime. It's never too late to start!

WHEN

Thursdays during school terms 10am to 11am.
Not during term time. Dates are as advised.

WHERE

Faulconbridge
Community Hall
9-9A Home Street,
Faulconbridge.

COST

\$15.

BOOKINGS

Register with Anna before class begins.



SPRINGWOOD NEIGHBOURHOOD CENTRE

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Springwood Neighbourhood
Centre Co-operative Ltd