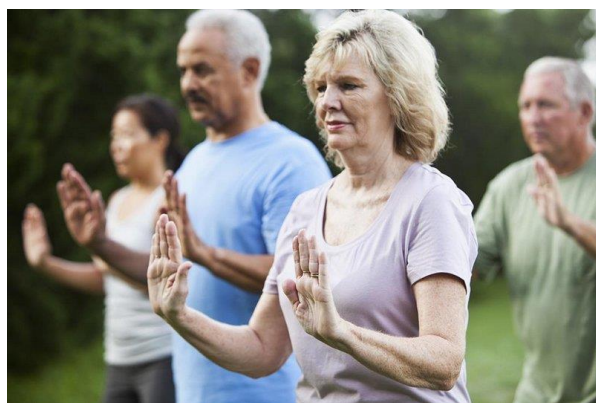


## TAI CHI

Do you need to relax, clear your mind and improve your balance?

Tai Chi exercise is for you!  
This class is for women and men who enjoy low impact exercise.



Tai Chi is a gentle exercise that helps you to relax, activate the muscles and joints in the body, sharpens the mind and strengthens the body without stress.

The class consists of warm-up exercise, meditation, Qigong, Yang Shi Tai Chi Fan -18 and the Beijing International Form - 24

**Beginners always welcome**

\*if you have any injuries please let your teacher know

Location: **South Melbourne Community Centre**

<b>DATE &amp; TIME</b>	<b>Tuesday 9.30 am – 11 am</b>
<b>STARTS</b>	<b>16 Jan 2018 (weekly/ongoing)</b>
<b>COST</b>	<b>\$5 per session</b>

Port Melbourne Neighbourhood Centre  
Cnr. Nott & Liardet Streets, Port Melbourne  
PO Box 721, Port Melbourne VIC 3207  
ph. 03 9645 1476 fax 9645 4539  
admin@pmnc.org.au  
www.pmnc.org.au