



CELEBRATION: Sacha Dyson-Holland and other members of the group show their form.

PHOTOS: BEV LACEY



Student Janice Becker talks about her experience and how the gentle exercise has helped her maintain strength and balance.

# Health benefits abound

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TAI chi isn't easy - it's something that gets better with practice.

That was what Toowoomba woman Janice Becker found out during her beginner classes at the Taoist Tai Chi Society.

"About five or six weeks into the beginner classes, I nearly gave up," she said.

"I didn't know how I'd remember all of the moves, but I stuck with it and here I am today."

Mrs Becker began classes at the society in Toowoomba seven years ago after responding to an add in the paper.

The benefits, she said, are huge. "There are so many really," she

said.

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Mrs Becker spoke of her experience at the Taoist Tai Chi Society's afternoon tea on

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— Janice Becker

Toowoomba area since the first class was offered at the University of Southern Queensland in 1990.

The society also celebrated the 20th anniversary of its Taoist shrine, which was inaugurated in 1995 by Master Moy Lin-shin, the founder of the Taoist Tai Chi

Saturday to celebrate 25 years of the society's service to the Toowoomba community.

The society's volunteer instructors have been teaching tai chi for health and well-being in the

Society.

■ For information on beginners' classes for this month and August, visit [www.taoist.org.au](http://www.taoist.org.au), email [toowoomba@taoist.org](mailto:toowoomba@taoist.org) or phone 4638 5009.



All smiles at the function are (from left) Patti Bilney, Robert Davy and Robyn Nahrung.



Enjoying their club's 25th anniversary are (from left) Judy Scarr, Gerard Bowe, Margaret May, Karen Allen and Fran Gesch.