

# Start a CLASS NOW!

## How to Start

- Join a Weekly Beginner Class and learn the tai chi set in about 4 months.
- Try one of our Short 'Accelerated' Courses to learn tai chi quickly.
- Join our special Pain Relief Class - start anytime.

- Come along to a free Open House.
- Your first class is obligation-free. Concession, Student and Seniors discounts available.
- Visit our web site to see the latest classes and courses, or contact your local branch.

## Get the Benefits

- Don't be deceived by the slow movements of tai chi. They deliver a powerful workout for body and mind.
- Moving meditation beats stress.
- Simple training method - suitable for all ages and conditions.
- Designed to help with a wide range of health conditions such as arthritis, diabetes, fibromyalgia, heart conditions, spinal problems, pain management, joint stiffness, knee problems, Parkinsons, MS and many more.

## About Us

Start tai chi with a unique not-for-profit, charitable and volunteer organization that offers:

- A unique instruction method developed by Master Moy Lin-shin to enable you to learn tai chi quickly and effectively.
  - Trained, accredited and motivated volunteer instructors who do regular training workshops.
  - In-depth training through beginner and more advanced classes, as well as numerous workshops Australia-wide and overseas.
- A genuine connection to the ancient tradition of Taoism and its values of compassion, wisdom and cultivation of health.
- A friendly, welcoming and supportive learning environment.

## Membership

Membership entitles you to unlimited classes at some 80 locations in Australia and more than 500 locations in 26 countries worldwide.

Members are also warmly welcomed to any of our social events that are regularly organized. With our volunteer ethos, we welcome members to join in the day-to-day running of the Society, for example by helping make the Chinese tea.

Members also have access to many in-depth training workshops (ranging from 3 hours to 5 days) offered around Australia and overseas.

As we are a membership-based organization, the same level of membership dues are payable whether you attend one class per month, or many. Classes are offered as part of a membership, rather than on a fee-for-service or pay-by-the class basis.

## What Are the Costs?

Sign up for membership and get unlimited beginner classes.

For new members we recommend the best value option is our 4 month introductory package, which is designed to offer genuine savings.

See table below.

Once you have completed learning the tai chi set at a beginner course (or equivalent short course) new members also receive a \$50 voucher to go towards an annual membership.

### Becoming a Member

|            | 1 <sup>st</sup> Month | OR | 4 month Introductory Package |
|------------|-----------------------|----|------------------------------|
| Regular    | \$85                  |    | \$190                        |
| Senior     | \$80                  |    | \$175                        |
| Concession | \$70                  |    | \$150                        |
| Youth      | \$55                  |    | \$95                         |
| Family     | \$170                 |    | \$380                        |

### Ongoing Membership Dues

|            | Yearly | Half-yearly | Monthly (After 1 <sup>st</sup> month) |
|------------|--------|-------------|---------------------------------------|
| Regular    | \$445  | \$245       | \$50                                  |
| Senior     | \$400  | \$220       | \$45                                  |
| Concession | \$310  | \$165       | \$35                                  |
| Youth      | \$160  | \$90        | \$20                                  |
| Family     | \$890  | \$490       | \$100                                 |

Senior : aged 60+

Concession: with one of the below concession card  
Pensioner Concession Card (Centrelink or DVA), Health Care Card, Commonwealth Seniors Health Card, DVA Health Card, Full-time student card

Youth: from 13 to 17 years of age

Family: applies to two or more members of one family living under the same roof

Children 12 and under may attend without paying membership dues. They must be accompanied by a parent or guardian at class.

Payment by cash or cheque is accepted at all locations. EFTPOS / Credit card payment is only accepted at the Bayswater National Centre and Lutwyche, Brisbane branch.

