



TAOIST TAI CHI SOCIETY OF AUSTRALIA INC

Toowoomba Branch

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ABN: 35 295 945 206 A volunteer, non-profit and charitable organisation www.taoist.org.au

MEDIA RELEASE

Celebrating 25 years of Tai Chi in Toowoomba

Toowoomba residents are invited to a free afternoon tea with members of the Taoist Tai Chi Society and local community leaders this Saturday 20 June, 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 Toowoomba area since the first class was offered at the University of Southern Queensland in 1990.

According to Rhyll Polke, the Society's Toowoomba president, "over the past 25 years thousands of Toowoomba people have experienced the benefits of our tai chi classes. We are delighted to be celebrating a quarter century of contributing to physical and mental well-being in the community."

The celebration afternoon tea will be at 3:30pm at the Society's centre at 10 Gregory Street, and will include a tai chi demonstration. Joining the celebrations will be the following special guests:

- Cr Paul Antonio, Mayor, Toowoomba Regional Council
- The Hon John McVeigh MP, Member for Toowoomba South
- Mr John Dornbusch, Chancellor USQ
- Ms Gitie House, President, Toowoomba International Multicultural Society

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

The Taoist Tai Chi Society has been based at several locations over the past 25 years, including Laurel Bank Park Hall, the Unilink building (formerly 7SD), and High Street Plaza, before purchasing their current location at 10 Gregory Street.

For more details about the celebration event, phone 4638 5009 or email toowoomba@taoist.org .

The Taoist Tai Chi Society of Australia is a non-profit and charitable organization, and all instructors are volunteers. Introduced to the western world 40 years ago by Chinese Taoist monk Master Moy Lin-shin, Taoist Tai Chi is designed especially for holistic health and meditation.

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