



Taoist Tai Chi™ arts of health
Sunday
25th August 2019
2:00pm to 3:30pm
Free

Location: Upstairs, 65 Dundas Court Phillip

The program will start at 2:00pm and include a demonstration, a 'have a go' session for members of the public, a short talk by a couple of members about the health benefits they've experienced from tai chi, followed by afternoon tea.

The ACT Branch will also be holding an open class / information session from 9:45 to 10:30am at Majura Community Hall, 2 Rosevear Place, Dickson on Saturday 24th August.

For further information contact act@taoist.org, visit the website at www.taoist.org.au
or Phone 02 - 6249 6117

Refer Schedule

If you want to try out a beginner class at any of our locations listed below, your first class is obligation free.

ACT Branch, Taoist Tai Chi Society of Australia Inc						
Beginner Classes - Effective 26 August 2019						
Gungahlin	Gungahlin	Friday	From	30 Aug	9:30 am - 11:00 am	Birralee Scout Hall, 5 The Valley Avenue
Belconnen	Charnwood	Monday	"	26 Aug	6:30 pm - 8:00 pm	Charnwood Primary School, Bettington Cct
	Cook	Tuesday	"	27 Aug	9:15 am - 10:45 am	Cook Neighbourhood Hall, 41 Templeton St
Nth Canberra	Ainslie	Thursday	"	29 Aug	2:30 pm - 4:00 pm	All Saints Church Hall, Cowper St
	Dickson	Saturday *	"	31 Aug	10:30am - 12 noon	Majura Community Hall, 2 Rosevear Place
	Hackett	Wednesday	"	28 Aug	9:15 am - 10:45 am	Folk Dance Canberra Hall, 114 Maitland St
Woden	Phillip	Tuesday	"	27 Aug	11:00 am - 12:30 pm	Upstairs, 65 Dundas Court
	"	Wednesday	"	28 Aug	11:30 am - 1:00 pm	"
	"	Wednesday	"	28 Aug	6:30 pm - 8:00 pm	"
	"	Friday	"	30 Aug	9:30 am - 11:00 am	"
	"	Saturday *	"	31 Aug	9:30 am - 11:00 am	"
Tuggeranong	Greenway	Thursday	"	29 Aug	5:30 pm - 7:00 pm	Tugg. Seniors Centre, 101 Cowlshaw St
Chanting	Phillip	Monday		Ongoing	5:15 pm - 6:15 pm	Upstairs, 65 Dundas Court
Pain Relief - Ainslie		Thursday		Ongoing	1:00 pm - 2:30 pm	All Saints Church Hall, Cowper St
	*	No class on Saturday 7 September - ACT workshop scheduled				
call (02) 6249 6117 act@taoist.org www.taoist.org.au						