

# Taoist Tai Chi™

## SHORT COURSE

27 - 28 July 2019



### Are you short of time?

People of all ages can learn and benefit from the gentle turning and stretching movements of Taoist Tai Chi™ internal arts of health. It is a self-regulated form of exercise that lends itself to the needs of all participants. Young and old alike enjoy the friendly and welcoming nature of the Society.

In just a weekend you can do one of our 'accelerated' short courses and get an introduction to the Taoist Tai Chi™ internal arts of health. You will get a foundation for further development through our regular classes and workshops.

Using the Society's proven instruction method developed by our founder Master Moy Lin-shin, you will quickly begin to experience the many benefits of this art for health and well-being. If you've never taken a class with us before, this is a thorough introduction to our form. If you are already a member, this is an excellent way to review and/or complete the set.

### Learn the Full Tai Chi Set in a Weekend

This weekend short course will introduce students to the full 108 moves of our tai chi set. Package includes 4 months' membership so that you can join ongoing beginner classes for no extra cost.

You will also receive a \$50 voucher towards payment for a full year's membership, to use at the end of your 4 month membership. All round great value!

#### COST

- \* Regular \$190;
- \* Seniors \$175;
- \* Concession card holders \$150;
- \* Youth (under 18) \$95

\* Cost includes free t-shirt, four months' membership, a \$50 voucher towards annual membership, plus a \$25 workshop voucher.

Existing members: \$50 for whole weekend

## BRUNSWICK

54A Moreland Rd  
Brunswick VIC

**27 – 28 JULY**

Saturday • 27 July

1:00pm to 5:00pm

Sunday • 28 July

9:30am to 4:30pm

## ADVANCE

## REGISTRATION IS ESSENTIAL

Online Registration

See [www.taoisttaichi.org/au](http://www.taoisttaichi.org/au)  
(Short Courses page)

Email [melbourne@taoist.org](mailto:melbourne@taoist.org)  
or phone: 1800 108 801

[www.taoisttaichi.org/au](http://www.taoisttaichi.org/au)

Taoist Tai Chi Society of Australia Inc

An incorporated volunteer, non-profit, charitable organisation