

# Do you need to slow down a bit?

*My worries faded away  
when I tried Taoist Tai Chi™*



## SPECIAL OFFER

**FREE Beginner  
Tai Chi Classes in Sydney  
for February & March 2019**

No hidden catches – join up and  
all our beginner tai chi classes  
are free at all NSW locations  
for February and March 2019

**CELEBRATING  
30 YEARS IN SYDNEY**

## Free Introduction

Join in this free introduction to tai chi and  
have-a-go session. Spread the word  
and invite friends and family! You can  
attend either or both of these sessions.

The sessions will take place in the open  
green space between the Jubilee Oval  
and the Childcare Building.

**Monday**

**14 & 21 January 2019**

**7pm - 8pm**

Jubilee Park, Glebe

- All welcome!
- Look for the teardrop banners

## Weekly Classes

**Starting 2019\***

**ZETLAND** • Mary O'Brien Reserve  
8 Tilford St, Cnr Joynton Ave, Zetland  
SATURDAY 2 Feb • 9:30 - 11am

**WOLLONGONG/BULLI**  
• Bulli Community Centre  
328 Princes Highway, Bulli  
MONDAY 4 Feb • 7:00 – 8:30pm

**GLEBE** • Glebe Town Hall  
160 St Johns Rd. Glebe  
TUESDAY 5 Feb • 7:00 – 8:30pm

**DARLINGHURST**  
• East Sydney Community & Arts Centre  
40 Burton St. Darlinghurst  
WEDNESDAY 6 Feb • 6:00 – 7:30pm

**REDFERN** • Redfern Town Hall  
73 Pitt St. Redfern  
THURSDAY 7 Feb • 7:00 – 8.30pm

\* Date shown is starting date.

Beginner classes run weekly for approx. 4 months.

Taoist Tai Chi Society of Australia Inc

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

CALL 1800 108 801 OR 9212 7517 EMAIL [sydney@taoist.org](mailto:sydney@taoist.org)



# Taoist Tai Chi™

## How to Start Learning Tai Chi

- Join a weekly beginner class, and learn the tai chi set in less than 4 months.
- Try one of our Short 'Accelerated' Courses to learn tai chi quickly.
- Join our special Health Recovery Class – start anytime.
- Unlimited classes are part of your membership. The first class is obligation-free. Concession, Student and Seniors discounts available.

## Get the Benefits

- The slow, flowing movements of tai chi deliver a powerful workout for body and mind.
- Moving meditation beats stress.
- 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, Parkinson's, MS and many more.

## About Us

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

- An 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.
- Classes at some 80 locations in Australia and more than 500 locations in 26 countries worldwide.

### NOTES

- *Dates shown are starting date*
- *Classes run weekly for 4 months*
- *Multiple classes at no extra cost*
- *You are welcome to join after the starting date*