



FREE

Tai Chi Class

Where: Toowoomba Centre
10 Gregory Street,
Harlaxton

When: Saturday
25th May 2019
10:00 am to 11:30



Following this free class there is the opportunity to join our regular beginner classes.

Your chance to experience the benefits of

Taoist Tai Chi™

The slow, graceful movements of tai chi assists in maintaining health, encouraging relaxation & reducing stress.

Health Benefits reported by students of all ages include....

* Improved Circulation & Flexibility * Better Balance * Reduced Joint Stiffness * Increased Neck & Shoulder Movement * Fewer Headaches * Less Back Pain * Improved Digestion *

No special 'uniform' simply wear flat-soled shoes & comfortable clothing. All movements are done standing – you are not required to lie down or sit on the floor.

The Taoist Tai Chi Society of Australia is a charitable, non-profit, volunteer-based organization, with links to affiliated organizations in 25 countries.

For more information – visit www.taoist.org.au
Ph: 4638 5009 or email Toowoomba@taoist.org