

Do you need to slow down a bit?



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



FREE Open House

- See demo of tai chi
- Free introductory lesson
- Talk to instructors
- Learn about the health benefits
- Light refreshments will be served
- All welcome!

Saturday
2nd February 2019
2pm to 3:30pm

10 Gregory St, Toowoomba

**Come and join us
in a free class**

**Improve energy, health, posture,
balance & coordination.**

**Reduce stress, joint pain,
back pain**

NEW Weekly Beginner Classes

Venue 1 • 10 Gregory St, Toowoomba

Monday

- starts 4th February, 6:30 to 8:00pm

Tuesday

- starts 5th February, 9:00 to 10:30am

Wednesday

- starts 6th February, 6:00 to 7:30pm

Thursday

- starts 7th February, 10:30 to 12pm

Every Saturday

- 9:30 to 11:00am JOIN ANYTIME

Venue 2 • Drayton Hall, 39 Brisbane St

Wednesday

- starts 6th February, 9:00 to 10:30am

Friday

- starts 8th February, 9:00 to 10:30am

Taoist Tai Chi Society of Australia Inc

www.taoist.org.au 

CALL 4638 5009 OR 1800 108 801 EMAIL toowoomba@taoist.org