



Short Course in Taoist Tai Chi™



Learn
tai chi in a
weekend?

Up
for the
challenge?

Improve your
health, reduce
stress & get your
energy back.

People of all ages can learn and benefit from the gentle turning and stretching movement 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.

Where: Toowoomba Centre
10 Gregory Street

When: Saturday 9 March 2019
1:00 pm to 5:00 pm
Sunday 10 March 2019
9:30 am to 4:30 pm

Registration:

Pre-registration is essential by email to toowoomba@taoist.org

Payment Options:

- Cash or cheque

Further Details

- Email toowoomba@taoist.org
- Phone 4638 5009

Cost: Regular \$190
Seniors (aged 60+)..... \$175
Concession* \$150
Youth (under 18) \$95

* With one of the concession cards listed below.
Pensioner Concession Card (Centrelink or DVA),
Health Care Card, Commonwealth Seniors Health Card,
DVA Health Card, Full-time student card.

All inclusive: free t-shirt, four-month membership until July 2019, plus a free \$50 voucher towards your annual membership as well as a \$25 workshop voucher.

Existing members in good standing:
\$50 for the weekend.

www.taoist.org.au

Taoist Tai Chi Society of Australia Inc.
A VOLUNTEER, NON-PROFIT AND CHARITABLE ORGANISATION