



TAI CHI QIGONG SHIBASHI

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RELAXATION MEDITATION

This Tai Chi / Qigong is one of the most popular in the world. It is easy to learn and is designed to balance qi (energy) flow. It is a gentle, beautiful and flowing routine that is both a joy to do and deeply relaxing. Clinical trials have proven that by practising this routine you may achieve many health benefits. Suitable for all age groups.

Limited places available, booking essential

If you are interested please call the Women's Centre on (02) 6041 1977

**Classes Start:
11am Wed 13th Sep
1hr Follow Along
Sessions**

**Where:
Women's Centre
Meeting Room
645 Olive St
ALBURY**

**Cost:
No Cost
Donations
Welcome**

**FUN
RELAXING
HEALTHY**
