

# Health & Wellbeing



## YANG STYLE 24 FORM TAI-CHI CLASS

With Kirsten

Tai-Chi is a graceful and mindful Chinese martial art exercise that has many health benefits, including improving coordination and balance, lowering blood pressure, reducing anxiety and improving general well being. Previous experience of tai-chi required as current students will have learnt 3/4 of the form. Please bring water & wear loose comfy clothing and flat shoes.

Tuesdays 10.45am-12.00pm 23rd Apr-25th Jun (10 weeks)

Cost \$160

**COME JOIN US!!**

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