



LEARN TAI CHI

Tai Chi improves your health, both body & mind
Qigong is included as part of our Tai Chi training

Next Beginner intake commences

Wed 9th August

Free to come and have a go – no obligation

Time: 9am – 10.00am each Wednesday

**Venue: Old Dunsborough Hall
44 Gifford Road, Dunsborough**

**Cost: Beginners' 4-month course \$90
Full 12-month membership \$175**

Annual fee covers all classes offered - Wednesdays & Saturdays

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