



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 8th February

Free to come and have a go – no obligation

Time: 9am – 10.30am each Wednesday

Venue: Old Dunsborough Hall
44 Gifford Road, Dunsborough

Cost: 12-month membership \$175

Annual fee covers all classes offered - Wednesdays & Saturdays

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Taichi 太极内功
Internal Arts
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Taichi Internal Arts is a not for profit, non-religious volunteer organization