

Chinese Tai Chi

太極拳
TAI CHI
FOR EVERY BODY



**Come and join our
Tai Chi class each
every Sunday
3pm to 5pm**

Open to people of all
fitness levels.
No special equipment -
just wear comfy
clothing.

Tai Chi can prevent or ease many illness of aging and has value in treating or preventing many health problems.

Learn gentle meditation, mind-body practice and relaxation. Gold coin donation.



Springvale

Neighbourhood House

Springvale Neighbourhood House
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