***Feel Tired? Sluggish? Bored with routine gym?***



***Want to do meaningful exercise?***

***Tai Chi boosts your Energy, Focus & Power.***

* **Unique strength training;**
* **Traditional philosophical approach;**
* **Builds energy, stamina and Mental Clarity;**
* **Co-ordinate movements and breathing to assist Qi (energy) movement;**
* **Calm your mind, reduce stress.**

Learn Professor Wong's unique Tai Chi form, Beginners, Level 1 (Levels 2 and 3 classes in 2016)

***NEW TAI CHI CLASS (LEVEL1)***

***With GLENYS SAVAGE***

***TUESDAY 27th OCT 2015, 12.45-1.45pm***

**Where?**

**JIKA JIKA COMMUNITY CENTRE**

Corner Union St and Plant St, Northcote 3070

**When?**

**Starting 12.45 Tuesday 27th OCT** Classes held weekly at Tuesdays lunch time, 8 weeks to 15 Dec. **www.HealthSpringTCM.com.au**

**How Much?**

**$120 for 8 weeks**

Regular attendance required as movements are taught sequentially.