

Tai Chi is recommended by many doctors, physiotherapists, chiropractors, osteopaths, and health professionals

Proven Benefits:

- stress relief
- sleep better
- freedom of movement
- better balance & posture
- improved circulation
- more energy
- clearer thinking
- relaxation & inner peace

TAI CHI ACADEMY

**TAI CHI FOR
PHYSICAL & MENTAL WELL-BEING**

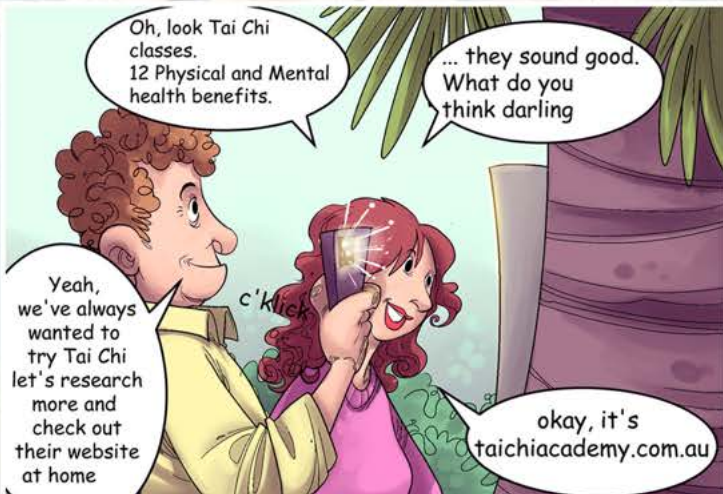
Establish inner balance in your home with Tai Chi online now!

Enjoy bonus free face-to-face classes!

**WE CAN HELP YOU
RELAX, REFRESH & REJUVENATE**

38 YEARS IN CANBERRA

**See comics & venues
inside**



Enjoy the best of both worlds:
join the Online Course for \$166
& attend Classes for Free!

- Aranda Mon 6.15pm
St. Vincent's Primary School
Hall, Bindel St

- Weston Tues 12.15pm
Weston Creek Uniting Church
Hall, 16 Parkinson St

- Woden Wed 6.15pm
Canberra College Gym,
Launceston St, opposite
Eddison Park

You are welcome to attend as
many classes per week as you wish.

Class duration: 1hr 15mins.

2021 Classes

- 1 Feb to 31 Mar
- 19 Apr to 23 Jun
- 12 Jul to 15 Sep
- 4 Oct to 8 Dec

TAI CHI
ACADEMY



Relax

Try an obligation free lesson!

Go to taichiacademy.com.au