

Enjoy the best of both worlds:
join the Online Course for \$180
& 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
- Curtin Wed 6.15pm
Holy Trinity Primary School,
Hall, 18 Theodore St

First Lesson Obligation Free!

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

Class duration: 1hr 15mins.

2021 Classes

- 12 Jul to 15 Sep
- 4 Oct to 8 Dec

TAI CHI ACADEMY

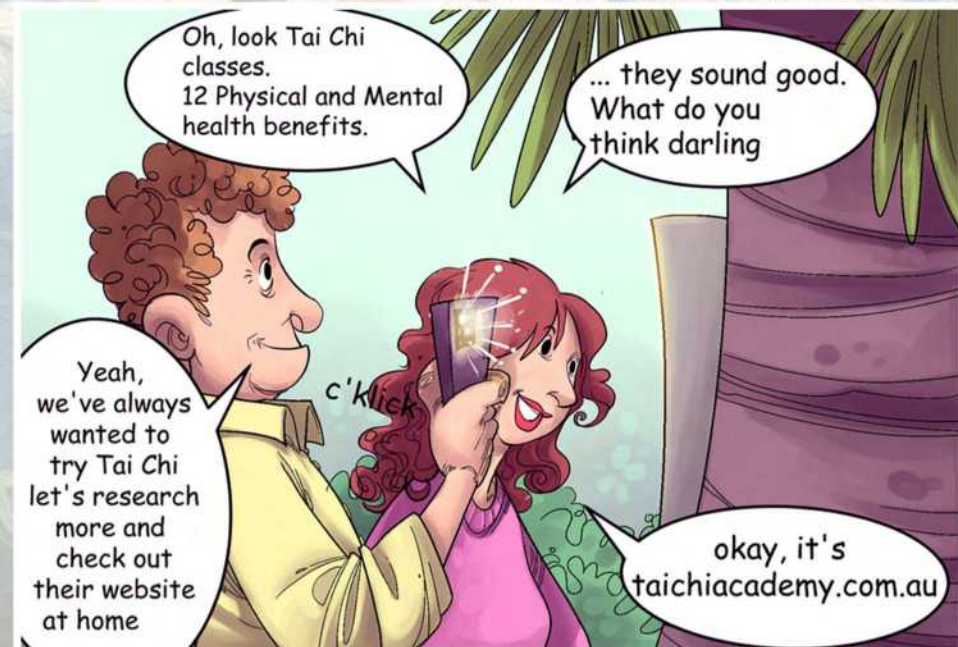
**TAI CHI FOR
PHYSICAL & MENTAL WELL-BEING**

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

**Enjoy bonus free face-to-face
classes!**

**39 YEARS IN CANBERRA
WE CAN HELP YOU
RELAX, REFRESH & REJUVENATE**

**Experience the
Difference for Yourself!**



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



Relax

Try an obligation free lesson!
Go to taichiacademy.com.au