

Tai Chi & Qi Gong Barossa Valley Class Schedule & Prices

BEGINNERS

Free Introduction Classes **31st January**

A 45 minute practical class, covering the history and basics of movement for our beginner's classes.

MORNING **Angaston** **10:00am**

CLASS SCHEDULE, TERM 1, 2013

Thursdays, starts 14 February for 7 weeks

MORNING **Angaston**

9.15am Advanced Tai Chi (45 min)

10.00am Qi Gong 1 (45 min)

11.00am Tai Chi 1 (45 min)

Beginners Classes: **\$60 for 7 classes**

Qi Gong 1

Taught in two sections, the Taiji Qi Gong Shibashi may be performed seated or standing. Movements are with coordinated breathing, and focus is on relaxation.

Tai Chi 1

The standardized Yang Style Tai Chi in 24 Forms, taught in three sections. Commonly taught around the world for health promotion.

LOCATIONS & BOOKINGS

Angaston: **Zion Lutheran Hall**
85 Murray Street

BOOKINGS ESSENTIAL

Schedule is subject to change, please book to confirm your space with AnnMarie on 0407100042 or by email at: annmarie@taichi.com.au