

# Tai Chi & Qi Gong

## Barossa Valley

### Class Schedule & Prices

#### BEGINNERS

**Free Introduction Classes**                      **2<sup>nd</sup> February**

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

<b>MORNING</b>	<b>Angaston</b>	<b>10:00am</b>
<b>AFTERNOON</b>	<b>Nuriootpa</b>	<b>2:30pm</b>

#### CLASS SCHEDULE, TERM 1, 2012

**Thursdays, starts 16 February for 7 weeks**

<b>MORNING</b>	<b>Angaston</b>	
9.15am	Advanced Tai Chi	(45 min)
10.00am	Qi Gong 1	(45 min)
11.00am	Tai Chi 1	(45 min)

<b>AFTERNOON</b>	<b>Nuriootpa</b>	
2.30pm	Qi Gong 1	(45 min)
3.30pm	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

**Nuriootpa:**                      **Village Gym "The Lodge"**  
River Rd / Heidrich Cres off  
Scholz Ave

#### **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](mailto:annmarie@taichi.com.au)