

# TAI CHI CLASSES

»Flex your spine/ Soften your Heart«

**Start: Tue, 1<sup>st</sup> at 12pm & Wed 2<sup>nd</sup> May 9pm**

in Heathcote Valley Community Centre, Christchurch

**FREE classes: Wed 18<sup>th</sup> April 9pm & Tue 24<sup>th</sup> April at 12pm**

**Tai Chi** trains balance and body awareness, focuses your mind and relaxes within.

Tai Chi is for anyone who wants to move with greater strength, grace, and ease.

Learn how Tai Chi can make you feel relaxed and calm, as well as invigorate at the same time

**Tuition fee:** \$120 for 8 classes Tai Chi or Qigong (\$15 per class)  
or \$17 for 1<sup>st</sup> class

(after the 1<sup>st</sup> class on 1 or 2 May you can decide if you like to enrol for the whole term)

Beginner/ as well as intermediate classes - Booking is essential

with Senior Instructor & Teacher Gabrielle Euteneuer She has more than 25 years teaching experience

**Venue:** Heathcote Valley Community Centre, 45 Bridle Path Road, Heathcote

more classes in Hillsborough and Oxford

**Phone:** Gabrielle 027 225 1646

**Email:** tao@taomotion.co.nz

**Website:** www.taomotion.co.nz

