

TAI CHI CLASSES

»Flex your spine/ Soften your Heart«

Start: Tue, 1st May at 12pm & Wed 9th May 8pm

in Heathcote Valley Community Centre, Christchurch

FREE classes:

Tue 24th April at 12pm & Wed 2th May 8pm

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 1st class (after the 1st class on 1 or 9 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

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