

Tai Chi Beginner

»Flex your spine/ Soften your Heart«

Start: **Wed 4th Oct 5.10-6.10pm**

in Hillsborough/Opawa, Christchurch



Train balance and body awareness, and focus your mind with Tai Chi.

Each class finishes with Qigong: Restore your vitality and rejuvenate your body cells with these gentle exercises.

Tuition fee: \$110 for 8 classes (\$13.75 per evening)
or \$17 for 1st class

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

Venue: Zendo, 4 Kennedy Pl, Hillsborough/Opawa

more classes in Halswell and check out the Qigong retreats. Next Qigong Teacher Training starts soon.

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