

Tai Chi & Qi Gong

Barossa Valley

Class Schedule & Prices

BEGINNERS

Free Introduction Classes 31st January

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