

Women of the Triangle Tai Chi & Relaxation Group

Come and try TAI CHI for 6 free sessions

- Suitable for beginners of all age groups
- Relax with gentle exercise
- Tone up muscles and stimulate the flow of Chi (energy)
- Build up strength and flexibility, mind and body coordination

Sessions are on offer with Kay & Nora from Cathedral View Natural therapies

When: Thursdays 5.00 p.m. - 6.15 p.m.

Commencing May 6th till June 10th

Where: Kim's Kitchen Temporary Village Marysville

Please wear comfortable clothing, flat shoes and a smile



Register by contacting:

Kay or Nora 0419 556 817

Funded by: Women's Health Goulburn North East