



Term 1 Program – Jan - April 2012

TAI CHI PRACTICE	Gymea	Saturdays 8-9am	weekly	40/year
Tai Chi Slow Form Level 1	Miranda	Mon 7-8 pm	30.01.12	\$80.00
	Gymea	Wed 11-12am	01.02.12	\$80.00
Tai Chi Slow Form Level 2	Cronulla	Tues 7-8pm	31.01.12	\$80.00
Tai Chi Slow Form Level 3	Miranda	Mon 8-9 pm	30.01.12	\$80.00
Tai Chi Slow Form Level 4	Gymea	Wed 10-11am	01.02.12	\$90.00
Tai Chi Fast Form	Cronulla	Tues 8-9 pm	31.01.12	\$90.00
Tai Chi & Sword	Gymea	Wed 9-10 am	01.02.12	\$80.00
Tai Chi Advanced	Gymea	Thurs 8.30-9.30pm	02.02.12	\$100.00
Qi Gong Level 1	Caringbah	Wed 8-9 pm	01.02.12	\$150.00
Qi Gong Level 2	Caringbah	Wed 7-8 pm	01.02.12	\$150.00
Qi Gong Level 3	Caringbah	Wed 6-7 pm	01.02.12	\$150.00

CLASS LOCATIONS: - To register for classes please call: **9525 8886.**

Miranda: Miranda Community Centre: Karimbla Rd (Cnr Kiora Road)

Gymea: Gymea Community Centre, 39 Gymea Bay Road (Opposite Railway Station).

Cronulla: Cronulla Community Hall. (Next to Cronulla Library)

Caringbah: Caringbah Healthcare Centre. Shop 2/52 President Ave (Cnr Willarong Rd)



Tai Chi – The Slow Martial Art...

Many people are surprised to learn Tai Chi is a martial art. In the West it is often thought of only as a slow moving health exercise. Tai Chi's fast form show its martial arts application more clearly, as well as its weapons forms, such as sabre , sword and spear. The form is practiced slowly to improve muscle relaxation, mental quietness and form accuracy. When in a self-defence situation, the mind and heart rate remain calm, allowing clear thinking and quick, accurate responses. The mind leads the qi. This practice, over time, produces great health benefits! Moving through the forms very slowly and in a low stance builds muscle tone and improves balance. The breathing becomes slow and regular and the mind more still. A great way to reduce stress and get healthy at the same time! Keep practicing!

