

Tai Chi

Day: Tuesday & Wednesday

Time: 12:15-1:15pm

Cost: \$86.50 Or \$11 per week

Term: 9 weeks

About the Class: Tutored

Tai Chi consists of preparatory warm up exercises and gentle movements designed to build inner harmony, balance and flexibility. It has been recognised for its many health benefits such as decreasing stress and helping those who suffer from arthritis. Tai Chi can assist with good posture, health and wellbeing.

Materials:

- Wear loose comfortable pants and top that will allow for stretching
- Sports shoes should have reasonable flat soles
- Water

Learning in the Hills is a project of Hills Community Aid.

The leisure learning program provides a range of tutor-led and social groups and classes for residents in the north western and western Sydney.

Location

Classes are held at Learning in the Hills, Balcombe Heights Estate
92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5

Phone: 9639 7918

Email: linhills@hca.org.au

