



Tai Chi for Health

for men and women

6 week Introductory course commencing Monday 9th May 2011, 9.15-10.15am
Continuing/advanced students only 10.30-11.30 am

at Kawana Uniting Church, Thunderbird Drive, Bokarina

\$60 (\$54 concession) QKFAI Member \$48 (\$42 conc)
QKFAI Membership \$30 (\$25 conc) till Dec 2011

Conc. for Persons 60 years & over, Health Care Card holder or full time student
(Payment by cash or cheque only)

Health Screen Form to be completed before commencement of classes
Please wear loose, comfortable clothing and flat, soft soled shoes.
Bring a plastic water bottle

Instructor Beverley Murphy

Dip.T., B.Ed., L.S.D.A. Accredited and Registered
Instructor Member **Queensland Keep Fit Assoc Inc.**
and **Tai Chi Assoc. Australia**

enquiries and registration Phone Bev 54936876 or 0408 546 826
or email: fivemurfs@bigpond.com

Tai Chi for Health, Sun Style, as advocated by Dr. Paul Lam
can help relieve pain for people with arthritis

Tai Chi originated in China: Gentle flowing exercise
encourages correct body posture, strength, concentration, relaxation
Improves flow of life energy through the body
Harmonises body and mind
Fun and easy to learn

