



Tai Chi for Health

for men and women

7 week Intro Course starts
Monday 1st August 2011, 9.15-10.15am
Continuing/advanced students 10.30-11.30 am

**at Kawana Uniting Church,
Thunderbird Drive,
Bokarina**

Term Fees: \$70, \$63 concession
or Weekly: \$10 per hr, \$9 conc.
Payment by cash or cheque only

*Conc. Persons 60 years & over, Health Care Card holder or full time student
(QKFAI Membership \$30, \$25 conc. valid till 31.12.11 gives \$2 discount on each class)*

Health Screen Form must 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.
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

Dr Paul Lam's Tai Chi for Health, Sun Style,
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*

