

# TAI CHI FOUNDATIONS

Tai Chi Foundations is a 45 minute, light Tai Chi exercise class, consisting of both seated and standing movements. This class will focus on the movements inspired from 'Yang' & 'Qigong' Style slow and steady movements. Foundations is a perfect way to start your Tai Chi journey.

## **Bruce Office:**

**Building 18/170 Haydon Drive, Bruce**

**Tuesday: 3pm**

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## **Southside: Wednesday 9am**

Dales Ballroom Dancing (Home Studio)  
94 Longmore Cres, Wanniasa 2903

**Do Not Park In Driveway.**

**Cost: \$75 for 5 sessions**  
**Bookings essential**