

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: 10am (Tash)
3pm (Sarah)

Wednesday: 2pm (Tash)

Cost: \$75 for 5 sessions
Bookings essential