

Tai Chi & Qi Gong

Allow your body to return to its natural state



“ A journey of a thousand miles begins with a single step.” Lao Tzu

Venue: Hunter Women's Centre

Wednesday evenings during school terms

6.15pm to 8.15pm

First class is free

Casual class \$12

10 week program \$90/\$80 concession

**For further details and bookings phone Tina Chen 0417 436 627
Chi Chinese Healing College**

Hunter Women's Centre
Corner Industrial Drive and Avon Street, Mayfield
PO Box 38, Mayfield, NSW 2304
Phone: 4968 2511, Fax: 4968 2975
Email: admin@hwc.org.au
www.hwc.org.au