

Promoting the health and wellbeing of women

# 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 \$100/\$90 concession**

**For further details and bookings phone Tina Chen 0417 436 627**

**Chi Chinese Healing College**

Hunter Women's Centre

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