



**Tai Chi for ...
'Busy People'**

"Where the Mind goes ... the Body will follow"

Tai Chi for Health Classes

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2024 Classes

Tuesdays Commencing 6th February 2024:

Beginners: 1.00pm NOTCH, Deeragun FREE

Beginners: 5.30pm Riverside Gardens, Douglas

Thursdays Commencing 8th February 2024:

Beginners: 9.15am NOTCH, Deeragun

Beginners: 5.30pm Riverside Gardens, Douglas

HEALTH BENEFITS OF TAI CHI

- Improves memory and cognitive function
- Lowers Stress
- Lowers Blood Pressure
- Lowers Inflammation
- Improves Strength
- Improves Flexibility
- Improves Balance

**Tai Chi for Health is a gentle, mindful
exercise. Everyone is welcome.**