

2026

Try TAI CHI



Relax

Calm

Refresh



Unlock These Health Benefits with Tai Chi:

- Experience stress relief
- Feel relaxed & calm
- Sleep better & deeper
- Move more freely & comfortably
- Improve balance & posture
- Promote healthy circulation
- Recharge with more energy
- Enhance mental clarity

1st Lesson Obligation Free!

Classes are 1 hr 15 mins

Attend as many classes per week as your wish.

Bonus: Access to Online Lessons at **No Extra Charge!**

Fees: \$180 for each Beginners' Course

- 2 Feb – 1 Apr 2026 • 20 Apr – 1 July 2026
- 20 Jul – 23 Sep 2026 • 12 Oct – 16 Dec 2026

Aranda Monday 6:15 pm
St. Vincent's Primary School Hall,
Bindel St.

Weston Tuesday 12:15 pm
Weston Creek Uniting Church Hall,
16 Parkinson St.

Curtin Wednesday 6:15 pm
Holy Trinity Primary School Hall,
Theodore St.



**Online Courses are also Available.
Start Anytime, Anywhere!**

Visit taichiacademy.com.au

Tai Chi Academy (since 1982) ✦ Experience counts – 43 years in Canberra!