

EYNESBURY DISCOVERY CENTRE

# TAI CHI FOR BEGINNERS



This ancient Chinese practice provides a great way to relax your mind and body through gentle exercise and meditation. Our experienced teacher will guide you through some simple movements to assist with better balance, posture and overall wellness.

Classes are for all ages and abilities.

Limited places available in these one-hour classes. Sessions are expected to fill fast so book early to avoid disappointment.

**WHERE:** Eynesbury Discovery Centre  
479 Eynesbury Rd, Eynesbury, 3338

**DATE:** Tuesdays: 26 April – 21 June, 2022

**TIME:** 10am - 11am

**COST:** \$5 paid to tutor at each session

**BOOK:** [meltonlearning.com.au](http://meltonlearning.com.au)

**INFO:** 0499 500 875 | [haidis@melton.vic.gov.au](mailto:haidis@melton.vic.gov.au)

