



Taoist Tai Chi

Introduction to moving meditation



Tai Chi movements engage the whole body and can produce a deep feeling of relaxation.

It is a moving meditation that reduces stress and helps you find joy while helping you to become more energetic, balanced, strong and supple. The Harvard Medical School has said that Tai Chi is “one of the best exercises you can ever do.”


This session will be led by an instructor from the Taoist Tai Chi Society of Australia, an incorporated non-profit, volunteer and charitable organisation which is part of a world-wide organisation with more than 50 years' experience.

Monday 13 May, 10.00am - 11.00am
Armadale Library

All ages are welcome to this session.

Places are limited and bookings are essential.
Visit library.armadale.wa.gov.au or call **9394 5125**.

Note: Please wear loose comfortable clothing and flat soled shoes.

 library.armadale.wa.gov.au
Armadale Library | (08) 9394 5125
Kelmescott Library | (08) 9394 5810
Seville Grove Library | (08) 9394 5800

