

Tai Chi



The ancient art of 'Tai Chi' uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. It is also a tranquil, gentle and pleasurable means of attaining and maintaining health and harmony in mind and body.



EVERY FRIDAY
(during the school term)
11:15am to 12noon

Please bring a mat or towel.

Kingston East Neighbourhood Group Inc.

177 Meakin Road, Slacks Creek Qld 4127

e: admin@keng.org.au ♦ w: www.keng.org.au

For further information please contact the
Centre on 38081684.

Free childcare is available.

Limited availability.

**Please book your child into childcare
on 3808 9271.**

