



Penrith Women's
Health Centre
Established 1987

TAI CHI FOR WELLBEING



A CALMING PRACTICE COMBINING SLOW, FLOWING
MOVEMENTS WITH MINDFUL BREATHING IN A
SUPPORTIVE ENVIRONMENT WHERE YOU CAN
MOVE AT YOUR OWN PACE AND
FIND INNER CALM

MONDAYS

TIME: 10AM - 11AM

COST

\$10 PER SESSION **OR**
\$80 FOR 9 WEEKS

LOCATION

MELROSE HALL
169 GREAT WESTERN
HWY, EMU PLAINS



Facilitator: Ling, Tai Chi Instructor

CALL TO BOOK YOUR SPOT
(02) 4721 8749