

*TAI CHI (TUESDAY)*



TIME:                                0930 - 1100

VENUE:                             KEILOR SPORTS CLUB ROOMS,

                                          OLD CALDER HWY, KEILOR

CONVENER:                    Judy Waterhouse

Benefits of the Class

Convener: Judy Waterhouse

This class takes place in the Club rooms on Tuesday at 9.45, under the watchful eye of Ellen. We have enjoyed learning this graceful art, and fully recognize the health benefits the Chinese have known about for years. What we do is moving meditation, which will improve every aspect of your life , as well as the social benefit of meeting together in a cohesive group in friendship. We follow this up with a coffee under the tree in the Village, Melbourne weather permitting, if not it’s a warm café.