



TAI CHI 6-WEEK INTRODUCTORY CLASS



Help yourself to better health

Beginning

Tuesday
29th September
7:00-8:30pm

Hataitai Bowling Club
157 Hataitai Road
Hataitai

\$30 for 6 weeks

For more information
ring 04 386 3517
or contact chris.francis@clear.net.nz

**Celebrating 25 years of Taoist Tai Chi
in New Zealand
www.taoist.org**

[illegible]