

# Tai Chi for Term 3

Kildara Centre, Malvern

6.30 - 7.30pm

Mondays,

August 14, 21 & 28 &

September 4, 11 & 18

## TEACHER: KATHLEEN MURPHY

Tai Chi, or Taijiquan in Chinese, is an outstanding gem of traditional Chinese culture that is valuable in promoting health, developing combat and self-defence skills, and improving concentration and overall wellbeing

*From Tai Chi Australia home page*

Beginners are most welcome,  
as well as more experienced participants.

Cost: \$10 per session.

