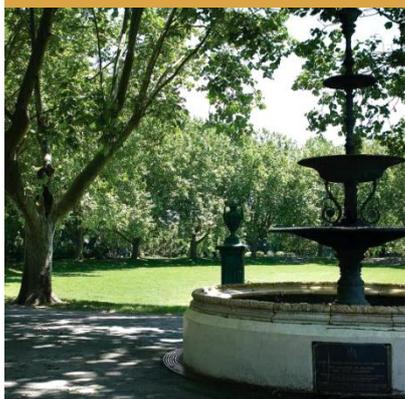


SUMMER BREAK PRACTICE CLASSES



Don't miss this opportunity to get some Taiji, Qigong and Qi practice in over the Summer Break

SUNDAYS 14 & 21 January 2018 - 9.30 to 11.00am



Victoria Gardens

361 – 381 High Street, Prahran

Parking

There is plenty of free parking in High Street, Lewisham Road & Murray Street.

Public Transport

If you are travelling by public transport you can get a No. 6 Tram up High Street, or a 261 or 219 bus along Williams Road.

WEDNESDAYS 10 & 24 January 2018 - 9.30 to 10.30am



Elwood Sailing Club Foreshore

Ormand Esplanade, Elwood

Parking

There is plenty of free parking in the side streets off Ormond Esplanade or near the Wattie Watson Oval.

Public Transport

If you are travelling by public transport you can get a 606, 600, 922 or 923 bus along Ormond Road, then walk about 5 minutes.

PLUS: A chance to learn how to control & develop your Qi



Dr Lisa Pizaro will conduct a half-hour program after each practice session giving you an opportunity to learn how to direct and control your Qi flow when practising Qigong, Taiji or Qi meditation.

SUNDAYS 14 & 21 January 2018 - 11.00 to 11.30am

Victoria Gardens, 361 – 381 High Street, Prahran

WEDNESDAYS 10 & 24 January 2018 - 10.30 to 11.00am

Elwood Sailing Club Foreshore, Ormand Esplanade, Elwood

Suitable for all practitioners.

Bring a blanket/towel to sit on.

Make sure you bring a hat, sunscreen and water.

If it's raining (i.e. POURING), classes will be cancelled.

These practice classes are designed to help you keep up with your training and practice during the Term Break

Anyone more than welcome to attend

Cost is \$10.00 per hour payable on the day

If you have questions or need any help, please ring Tara on 0407 941 101