

# Tai Chi

Qi Gong 18 Movements  
&  
Simplified 24 forms

**Thanks for Edmonton Primary and  
Tirimoana Primary providing the venue.**

**Tai Chi is a gentle movement, which combines body  
mind and inner Qi, health for everybody.**

**All ages, genders welcome!**

**Classes are free of charge,**

**koha encouraged to school.**

**Join us!**

**Tuesday Mornings: 9:30 – 10:30  
Edmonton Primary School hall  
1 School Rd, Te Atatu South.**

**Saturday Mornings: 9:30 – 11:00  
Tirimoana Primary School hall  
34 Kokiri St. Te Atatu South**

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