Holiday Tai Chi for Kids

An initiative of Toowoomba Tai Chi for Health

When: Tuesdays & Fridays, 14th to 24th January 2014

Time: 10.45 – 11.15 am

Where: 90 Margaret St, Toowoomba (opposite Queens Park)

Off Street Parking: At the end of Austral Lane (off Burstow St)

Cost: $5 per class, $15 for 4 classes paid on the first day, no refund. Family discounts available.

Dress: Comfortable clothing, joggers or soft soled footwear.

Supervision: An adult carer is required to stay with each child or family group and is welcome to join in the class at no extra cost.

Leader: Rosalie Rudduck, Tai Chi for Kids Leader and Physiotherapist.

To REGISTER your interest, please contact Rosalie, Phone: 4697 6190 or email jrrudduck@skymesh.com.au

From Dr Paul Lam, creator of the Tai Chi for Health Programs:

Tai chi has an almost magical effect in health improvement. Kids love to learn and they learn very fast especially when engaged in a fun activity. This specially designed tai chi program emphasizes the fun element while developing their mind and body. It is designed in small building blocks to capture their attention, incorporating imagery and games to add appeal to kids.