

Te Puke Taichi Internal Arts



**Come and learn
Tai Chi with us**

**Genuine Tai Chi. Affordable.
Health Giving & Fun.**

New Introductory course starting

Pioneer Room, Te Puke Memorial Hall

Wednesdays 9.30am to 10.30am

September 9th to 14th October

Six week course for \$30

Limited places = Small class size

Book your place quickly

email: te.puke.taichi.internal.arts@gmail.com

Or text 027 279 5228

**This new six week Introduction to
Tai Chi course will be conducted
for those with little or no
experience of taichi.**

www.taichiinternalarts.nz

www.taichiinternalarts.com



Tai Chi is an ancient art form that focuses on the internal workings of the body as well as a low impact, gentle exercise that is ideal for older people. It is a soft but powerful art form often described as a moving meditation.

The benefits of Tai Chi include improved flexibility, balance, coordination, strengthening - especially the lower half of the body which more readily weakens as we age, decreased stress and increased energy.

We also practise Qigong which is a life force cultivation exercise to circulate Qi (energy) in the body to harmonise, strengthen and heal body organs and systems. Qigong focuses on breathing and simple movements to achieve this.

Our philosophy at Te Puke Taichi Internal Arts is to offer an affordable gentle exercise in our community for improved health and well-being with the added bonus of friendships and fun.

Our lead instructor Linda Curtis has been practising Tai Chi for over 19 years. Te Puke Tai Chi Internal Arts (TCIA) is financed independently from the membership.

We practise the Tai Chi form of our principal instructor Banyin Lee, a practitioner and instructor of many years and experience, based in Perth, Australia, where TCIA is a growing and thriving tai chi art form.

We are a non-religious, not-for-profit, voluntary community organisation.

The next Introduction to Taichi course will be run for 6 weeks from the 9th September in the Pioneer Room, Te Puke Memorial Hall.

For Information about Taichi Internal Arts and other classes phone or text Linda: 027 948 6385

Visit our websites

www.taichiinternalarts.nz

www.taichiinternalarts.com



***See us on Instagram:
[te_puke_internal_arts](https://www.instagram.com/te_puke_internal_arts)***