

# Australian Academy of Tai Chi & Qigong

## Free TAI CHI in the Park

9.00am Saturday 1<sup>st</sup> February 2014

### Lane Cove National Park

Fullers Bridge entrance (off Delhi Rd)

Experience the benefits of Tai Chi in the beautiful park environment.

***No experience necessary – all abilities will be catered for.***

Please join us, weather permitting, for early morning Tai Chi.

Bring family, friends, water, blockout .....

**All welcome**

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