

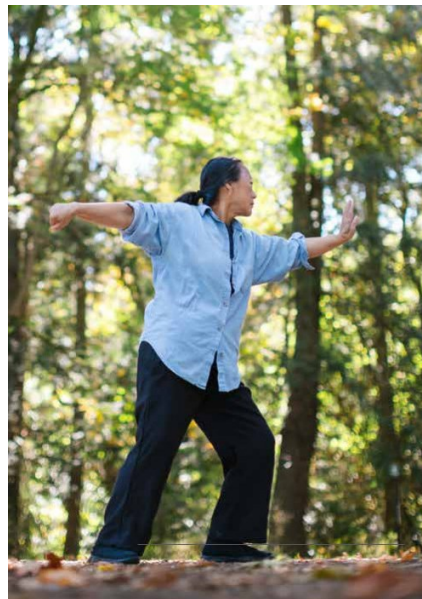


Free online Tai Chi and Qi-gong classes

Johnny has over 30 years experience in teaching different techniques of Tai Chi and Qi-gong. Learn the amazing feeling of your body and create your internal energy.

This is an online live interactive class, using Zoom.

Everybody is welcome!!



When: Every Tuesdays

Time: 10 am - 10:30 am

To join the class please **make sure that Zoom is working on your device** and email Salma communityworker@cecal.org.au

For more information please call Salma on 9559-4013.