

Regular Tai Ji classes are held at the Abbotsford Convent. All skill levels are accommodated.

**Time:** Every Friday night, 6.30pm to 8.00pm

**Location:** Rosina Auditorium, Abbotsford Convent, 1 St Helier St, Abbotsford, 3067.

**TAI CHI - Friday nights 6.30-8.00pm, Rosina Hall, Abbotsford Convent  
STARTS FRIDAY 19h FEB.**

**TAI CHI - Jika Jika Community Centre , Union St Northcote  
Tuesday 9 February - ongoing Section/Term 2 class - 12.45-1.45pm  
Beginners time and date to confirm for Tuesdays late Feb 12.45 -1.45 or 2.00 -3.00pm**

**Fees:** \$295 per semester (19 weeks) for beginners class  
(Regular attendance is required as the movements are taught sequentially).

**Instructor:** Glenys Savage with the assistance of senior students.  
For inquiries contact Glenys on 9388 0717 or mob 0402 849 626.

**Download our current brochure**   
[2016 tai chi classes 293.73 KB](#)

Ample street parking available.

[Location map](#)

[View Larger Map](#)

### **About the training**

Tai Chi is a slow, soft fluid sequence of movements which has health benefits for the physical body, energy, strength and for assisting with mental clarity. It is part of the Qi (energy) training system which aim to balance physical and mental aspects. A broad range of movements are executed whilst co-ordinating the breathing, which also assists with Qi movement. After satisfactory completion of this full Tai Ji form (85 movements) taught over two semesters, students can progress to subsequent classes in Tui Shou (Pushing Hands) and Bing Ji (Tai Ji Weaponry) in the following years. Once students become proficient in these forms they can then consider Dao meditation classes.

### **Feel Tired? Sluggish? Bored with routine gym? Want to do meaningful exercise?**

#### **Tai Chi boosts your Energy, Focus & Power**

- Unique strength training;
- Traditional philosophical approach;
- Builds energy, stamina and mental clarity;
- Co-ordinate movements and breathing to assist Qi (energy) movement;
- Calm your mind, reduce stress.

Learn Professor Wong's unique Tai Chi form (86 movements - Yang Sheng)  
Advanced class includes Tui Shou (Pushing hands) and Bing Ji (Tai Ji Swords)

For further a more detailed explanation, [read this article 'What is Tai Ji'](#)