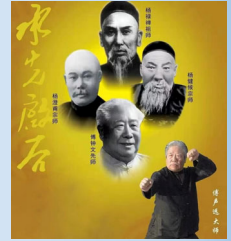




# Newcastle Tai Chi



## Fast Track Workshop

**Learn the first section of the Tai Chi Form**

**Beginners to Advanced**

**When: Saturday March 4th 2023**

**Time: 2 pm to 5.30 pm**

**Venue: Pioneer Hall 54 Cowper St Wallsend**

In our 3.5 hour workshop you will get the opportunity to:-

- ◆ Get up to speed and progress quickly .
- ◆ Learn the first part of the Yang Family Tai Chi Long Form or move on to the next section.
- ◆ Enhance your training
- ◆ Practice your form with experienced trainers.
- ◆ This course will also allow you to participate in other classes within our program allowing you to deepen your Tai Chi training in a shorter period .



*Cost for the afternoon is \$35 or \$25 if you are a member of the Australian Tai Chi Association. Numbers are limited so please book early. We will share an afternoon tea so please bring a plate and enjoy.*

*For more information email [newcastletaichi@yahoo.com](mailto:newcastletaichi@yahoo.com) or call Damon 0412573233*

*Please fill in the registration form and hand in, at class*

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Paid Credit Card

Paid cash or direct deposit