



**I CAN  
MOVE**

## TAI CHI

Tai Chi - Chi Gong is a mind body self-healing art that promotes; qi (energy) cultivation, circulation, relaxation, balance, flexibility, immune resilience & wellbeing.

An experienced and qualified instructor will guide the group outdoor class through a series of movements, stretching techniques, and breathing exercises.

Beginners and all levels of fitness and experience are welcome.

| DATE     | TIME   | LOCATION                                              | CONTACT                  | COST |
|----------|--------|-------------------------------------------------------|--------------------------|------|
| Monday   | 9-10am | Bim'bimba Park,<br>Gainsborough Drive,<br>Pimpama     | GenTec<br>M 0434 505 461 | Free |
| Saturday | 8-9am  | Ruffles Road Reserve,<br>Ruffles Road, Willow<br>Vale | GenTec<br>M 0434 505 461 | Free |



To register for the first time please; arrive 5-10 minutes early (bring your own pen) and a cell phone (if available) to sign in via QR code. Alternatively, you can also visit <https://gosafe.at/0jo3p> **to sign in** and <https://gosafe.at/0jo3p/exit> **to sign out**.

Classes are running weekly until Sunday 13 December.  
After a term break classes will resume on Monday 25 Jan 2021.

The Active & Healthy Program offers a broad range of free and low-cost activities that are fun, enjoyable and suitable for all shapes and sizes. Let's tell that inner voice that I CAN move more and eat well to feel great!  
[cityofgoldcoast.com.au/ICAN](http://cityofgoldcoast.com.au/ICAN)