**Tai Chi Fan**

**Class Days and Times:** Thursdays 11am-12pm

**Cost:** $95 Term

**Term**: 9 Weeks

**About the Class: Tutor Led - Theresa Perry**

Tai Chi Fan is a form of martial art that combines the gentle movements of Tai Chi with the use of a fan. It is known for its graceful movements, meditative qualities, and ability to promote relaxation and wellbeing. Learning Tai Chi Fan can be a great way to improve your physical health, increase your flexibility, and reduce stress. This would be a great class for students currently practising Tai Chi who would like to complement their practice. Tai Chi Fans are available for use during class or can be purchased from the teacher, so you have your own to practice at home.

**What to bring:**

* Loose comfortable pants and top that will allow for stretching
* Comfortable flat enclosed shoes such as sports shoes
* Bottle of water
* Tai Chi Fan if you have one (otherwise you can borrow or purchase one from your teacher)

| Learning in the Hills is a project of Hills Community Aid.  The leisure learning program provides a range of tutor-led and social groups, classes for residents in north western and western Sydney.  **Location**  Classes are held at Learning in the Hills, Balcombe Heights Estate  92 Seven Hills Road Baulkham Hills. Turner Buildings 4 & 5  **Phone**: 9639 7918 **Email**: learninginthehills@hca.org.au |  |
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