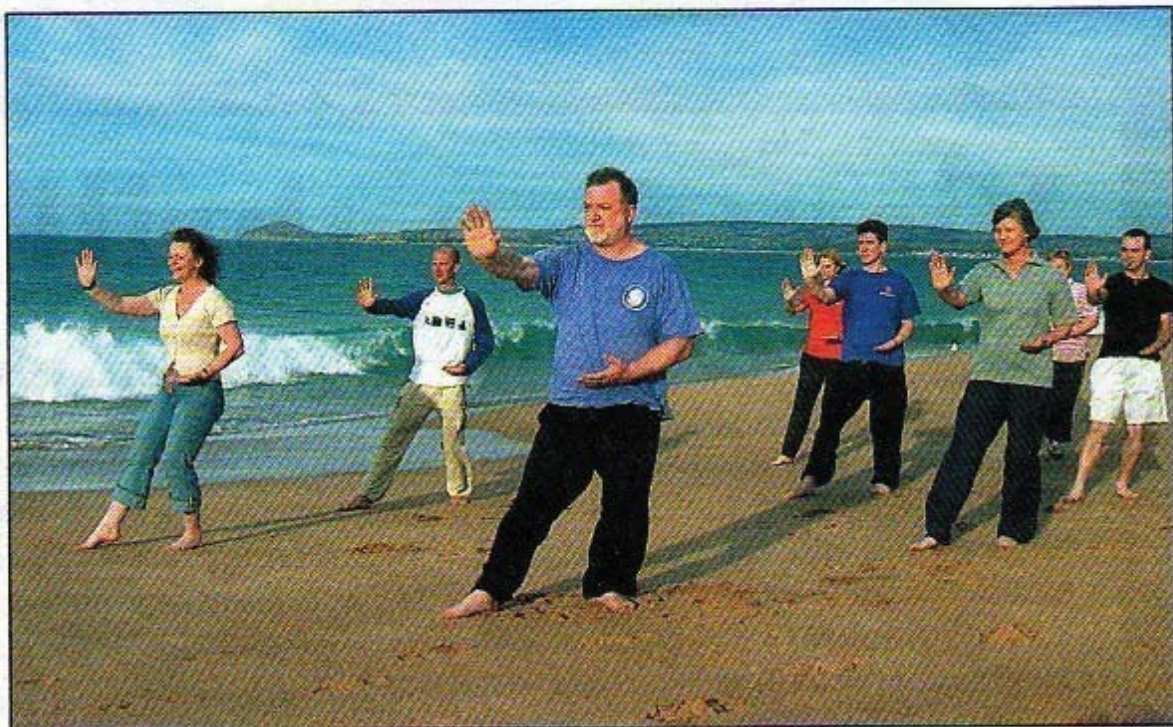


ADVERTISING FEATURE

ENROLMENTS

February 4th - 2009



RELAX: Students from the Tai Chi and Chi Kung Institute.

Enjoy health benefits

IF you're looking for a safe way to exercise and gain health benefits, then you might like to consider Tai Chi with the Tai Chi and Chi Kung Institute.

Tai Chi movements, originally based on martial arts, are performed at a slow pace and, together with controlled breathing, help to improve physical and mental relaxation, blood circulation, flexibility

and concentration, instructors say. A seven-week course will start early February. A special offer of two people for the price of one is available for beginners to encourage friends and family to learn together.

■ For further information visit the Tai Chi website www.taichi.com.au or 8371 2488.