## Tai Chi under the trees

SATURDAY 23RD SEPTEMBER, 8.30AM JACK PRINGLE VILLAGE GREEN

Join Juliana from Aroha Tai Chi as she guides you through a session of mindful tai chi.

Spend some time in nature, and improve your physical and mental health through movement.

This FREE session is suitable for all ages - children must be accompanied by an adult.





Te Poari ā-Rohe o Henderson-Massey