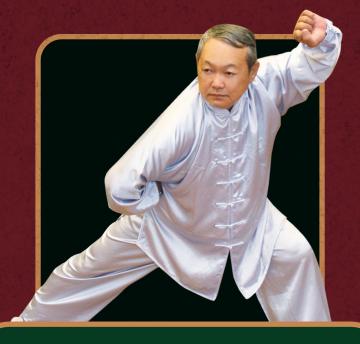
Flow & Strength

Traditionally, Taiji has been practiced to nurture the well-being of oneself. It is believed to date back to the 17th century and is characterised by integrating flow and energy throughout your body through slow movements! You will learn the basics to develop better fitness, and find peace and calm.



TAIJI QUAN

Instructor: Ngiam Tong Kheng

Time: Monday, 8.00pm to 9.00pm | Sunday, 5.00pm to 6.00pm

Price: 4 Sessions Member - \$74.90 w/GST Guest - \$96.30 w/GST

Venue: Harmony Room