

# Flow & Strength

Traditionally, Taiji has been practiced to nurture the well-being of oneself. It is believed to date back to the 17<sup>th</sup> 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**

The commencement of the above-mentioned activity / promotion will be fully dependant upon the government's latest safe distancing measures.

For enquiries, please call **Sports and Recreation Department** at **6357 3566 / 567** or email **snr@rtc.com.sg**.