











PRUSHA'S HEALTH BANK

Life can be Happier Healthier & Easier
 P 0469 802 391 prushataiji@gmail.com www.prushataichi.com



2022 May public

Leura 1st - 20th / Ulladulla 21st - 29th

	M	T	W	T	F	S	S
7:00	 Leura: Practice presentation @ Peter Carroll Field Ulladulla: @ Mollymook Beach Basketball Ct, Monday - Friday if it rains will be changed to Dunn Lewis Centre						
10:00		 Ulladulla: CRC centre 78 St Vincent	 Leura: Sinofield 77 Scott Ave		 Ulladulla: Nrrawallee Inlet Same side of the coffee shop	 	
16:30							
19:00		 		 			

-  Tai chi basics
-  Qi gong (Rejuvenation)
-  Ashtanga yoga
-  Vegetarian cooking
-  Chinese language
-  Zoom Online class

- ◆ Our Tai Chi is traditional Chen style, suitable for all ages.
- ◆ Public classes are for everyone, just "pay-as-you-feel". Private classes negotiable.
 Let's try to bring people together to create a warmer, more cohesive community, and do whatever we can to help and include others.
- ◆  @ prushazhang, bookings: 0469 802 391 or prushataiji@gmail.com
- ◆ For more information, please visit www.prushataichi.com

by CUIHUA CHINESE CULTURE CENTRE - CUIHUA the Quintessence of China ABN 16 003 987 915

