

# PRUSHA'S HEALTH BANK











Life can be Happier Healthier & Easier

P 0469 802 391 prushataiji@gmail.com www.prushataichi.com



## 2022 June public

Leura 1st - 24th / Ulladulla 25st - 2nd

	M	T	W	T	F	S	S
7:00	 <b>Leura:</b> Practice presentation @ Peter Carroll Field <b>Ulladulla:</b> @ Mollymook Beach Basketball Ct, Monday - Friday if it rains will be changed to 181 Matron Porter Dr.						
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](http://www.prushataichi.com)

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

