

PRUSHA'S HEALTH BANK

Life can be Happier Healthier Easier & Meaningful
 P 0469 802 391 prushataiji@gmail.com www.prushataichi.com
 outdoor classes will change to online if it rains



	M	T	W	T	F	S	S
Sunrise							
	@ S Narrawallee Beach (south of Victor Ave steps)						
8:00	Mal				Mal		
10:00							
	@ Narrawallee Inlet (Same side as the Playground)						
15:40							
19:00							

Public classes

~pay-as-you-fee~

- Tai chi
- Qi gong
- Yoga
- Vegetarian cooking
- Chinese language
- Zoom Online class

~may all beings live in peace with a smile~

- ◆ Our Tai Chi is traditional Chen style, suitable for all ages.
- ◆ Public classes are for everyone, just "*pay-as-you-fee*". Private classes available
 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



Chinese Therapeutic Spine**MASSAGE**

The best wealth is your health

Traditional Chinese Treatment: *pay-as-you-fee*
 (cupping, moxibustion, scraping, etc.)

Deep Relaxation Therapeutic Spine Massage:
 \$2 / minute (birthday half price)

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What is Tai chi ?

Tai chi is an internal martial art that combines philosophy, martial arts, well-being and self-awareness. Considered 'moving meditation', tai chi requires focusing the mind and synchronizing the body with slow, controlled movements. This low impact exercise, practiced with relaxed muscles, improves natural posture alignment, balance and internal energy.

Tai chi is non competitive and non judgmental - a wonderful activity for all ages - making it an ideal way of socializing and sharing time.

Tai chi is based on nature. Its gentle flowing movements contain an inner power which strengthens the body and mind. Those who practice Tai chi become like a tree or river, calm on the outside, but full of internal strength, more capable of withstanding whatever life may throw their way.

**Learn Tai chi with former world champion Prusha
May all beings live in peace with a smile**

Why learn Mandarin ?

Chinese is the most widely spoken language in the world with approximately 1.2 billion people speaking Chinese, of which 873 million speak Mandarin. So according to infoplease.com 14% of the global population speak Chinese.

As well as in China, Mandarin is spoken in countries such as Malaysia, Singapore, Indonesia, Thailand, Brunei, Philippines, and Mongolia so if you do business in these countries it would be beneficial to converse in their language.

Learning Mandarin is easier than you think.

You do not have to worry about verbs! There are no verb conjugations, no plurals, no tenses & no subject-verb agreements. There are over 80,000 Chinese characters but generally only 2,500 are frequently used in daily reading, writing & conversation, which covers 98% of daily use. If you know 4000 frequently used Chinese characters, their coverage reaches 99.9%. Even if you learnt only 100 frequently used Chinese characters the coverage is 47% or almost half!

Learn the world's most spoken language, with a native speaker & internationally certified Chinese lecturer, to open infinite possibilities; health, well-being, culture, wisdom, jobs & trade.

Prusha's Tai chi & Language School
@ Mollymook
for children & adults



Teaching today's young to be tomorrow's leaders

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