Festival of Learning Showcase

Facilitator(s): Mr Stephen Ho, Tai Chi Instructor

Strategic theme: Rich, interactive learning experience

Subject Title: Daily Tai Chi Sessions

Contact Details: Curtin Stadium, Mark Siciliano (ext 9878) or Renata Gagliardi (ext 9182)

Brief Description:
Tai Chi Instructor from Curtin Stadium (Stephen Ho) will instruct morning Tai Chi sessions as a physical and mindful beginning to each day’s proceedings.

Benefits: Enhance physical health and mindfulness.

Time/Day: Daily Monday 16 to Friday 20 March, 2015; 7.30am-8am

Duration: 30 minutes

No. of Sessions: Five (one daily)

Venue: In the Pines near the Library

Special Requirements:
- Participants to wear loose comfortable clothing
- Shade
- Level surface