



Summer Sunday's at Paddock Creek

Free

Outdoor Tai Chi and Yoga class

3pm, Sunday 3rd February

at Paddock Creek Gordon

Join us for a series of free community events to be held at the Paddock Creek reserve in Gordon, in conjunction with Landcare. These events are to help our community improve health and wellbeing by connecting in the environment.

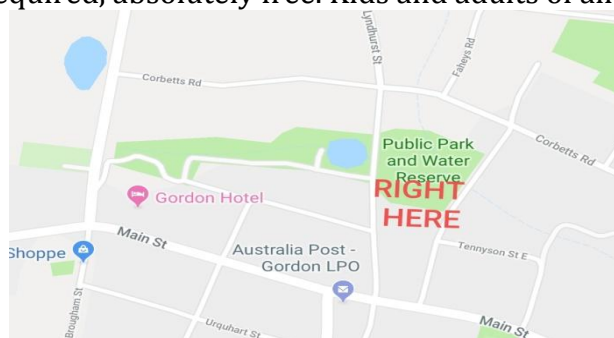
Our first event will be a free Tai Chi class taught by local Martial Arts coach Huey Tran (from the Gordon General Store).

Tai Chi is an art embracing the mind, body and spirit – Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Your clothes should be loose and comfortable. You do not need to bring anything, but you can bring along a yoga mat if you prefer.

Join us from 3pm to 4pm on Sunday 3rd February, on the grass near the playground at the rotunda (opposite the dam) Paddock Creek, just off Lyndhurst St in Gordon.

Feel free to bring along a picnic dinner and join in a community picnic in the park. Time may be subject to change, depending on the weather. Make sure to check the Facebook page closer to the date.

No booking required, absolutely free. Kids and adults of all ages welcome.



For further information please follow the Friends of the Paddock Creek group on Facebook.

