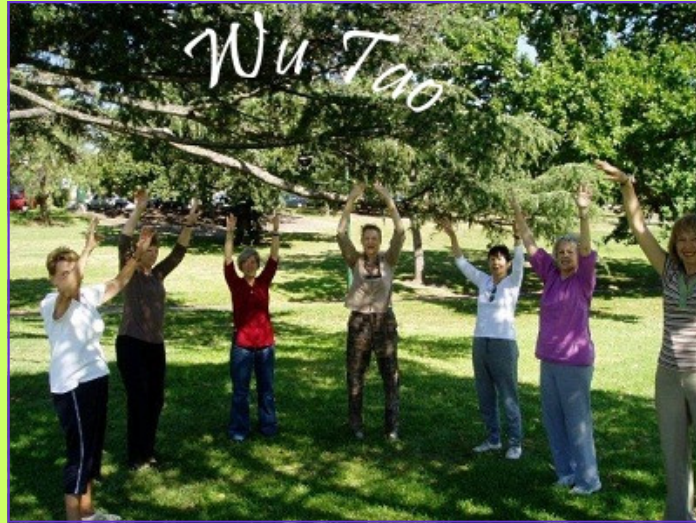


Wu Tao Group



Wu Tao The Dancing Way is a unique form of movement that uses creative visualisation, meditation, flowing movement and music. To help increase fitness, health, joy and vitality.

Movement can be helpful to reduce stress, depression, fatigue and other health ailments. Wu Tao is available for everyone and movements can be adapted to suit individual needs, including children & the elderly.

The group is facilitated by Kim who is a qualified Wu Tao teacher. This is a free group activity. Participants are encouraged to wear loose fitting clothes, bring along a towel or yoga mat and a water bottle. It is a fun learning experience!! All are welcome

It begins; Monday 6th February, 5:30 to 7:00pm and then each week at the same time*

*Please note there will be an interruption to the weekly sessions for the last 3 weeks of March (12th March, 19th March and 28th March), the group will resume on Monday 2nd April.

Call in and join the group at the Nambour Community Centre, Cnr James & Shearer St, Nambour or call 5441 4724 for information
www.nambourcc.org

