



WEEKLY TAI CHI

No bookings required

DATE

Friday 3, 10, 17 and 24 March

TIME 7.30am - 8.30am

PLACE

Kensington Park

Master Trainers from Tai Chi for Health Institute, Dr Janet Cromb and Fiona Black will lead you through the focused, gentle movements. The sessions will focus on breathing, resulting in a calm mind and improving overall health and wellbeing.

EGYPTIAN BELLYDANCE WORKSHOP

Bookings essential, scan QR code

DATE

Tuesday 7 March

TIME

PLACE

10am – 11am

Lionel Bowen Library Maroubra

One hour workshop with Rachel from Inspire Belly dance to discover modern belly dance: a beautiful, expressive art with a rich repertoire of moves that you can show off to your friends! Class designed for women of all kinds. No experience required.

WORLD FUSION DANCE WORKSHOP

Bookings essential, scan QR code

Saturday 18 March

TIME

10am – 11am

PLACE

Lionel Bowen Library Maroubra

No experience required.

Learn basics of dance styles from around the globe such as Salsa, Bollywood, Flamenco, West African, and more.

CELEBRATING HARMONY

Bookings essential, scan QR code

LIMITED **SPACES**

DATE Friday 31 March

TIME

5pm – 7pm

PLACE

Kensington **Community Centre** The 2023 Harmony Week theme is 'Living in Harmony'

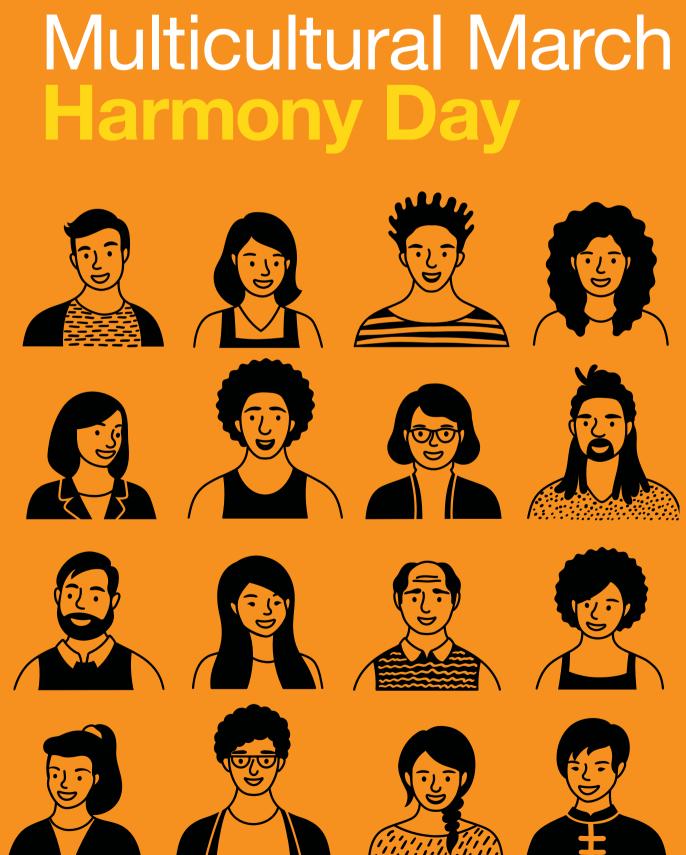
Join us for this community celebration featuring:

- · Art instillations by residents who participated in the Art and Wellbeing program
- Champagne and canapes
- Food by First Nations catering company Kallico
- Entertainment by culturally diverse performers

Presented in partnership with Sydney Multicultural Community Services.

Bookings for any of these events please scan the QR code







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