

TAI CHI CULTURAL MOON FESTIVAL

Sunday the 30th September 2018

Redfern Town Hall, 9.00am to 12 noon



TAI CHI DEMONSTRATIONS

FREE PUBLIC PARTICIPATION

FREE MOONCAKES & CHINESE TEA

(while stocks last 😊)

ALL WELCOME – JUST TURN UP!!!

The Moon Festival has its roots as a harvest festival (Chinese mid-autumn) and acknowledges the influence of the Moon on the best times for planting and harvesting of crops. For the children, however, the Moon Festival only means two things, eating sweet mooncakes and playing with lanterns.

Traditionally, the lantern was symbolic of people letting go of their past and welcoming their new self by getting a new lantern. The lanterns are almost always red and symbolise good fortune.

The Tai Chi Association of Australia takes this opportunity to share the practice and benefits of Tai Chi to help celebrate the concept of “letting go”, to reduce stress and participate more in Life



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