

Free, outdoor tai chi lessons in Cornwall Park, Auckland, for anyone who is blind or has low vision.

The dates will be four consecutive Sundays in February and March 2025: 16th and 23rd February and 2nd and 9th March.

The time of the lessons will be from 10.15am to 11am. Please plan to arrive between 10am and 10.15am. RSVPs are not necessary.

Tai chi location in Cornwall Park: Come into the park from Greenlane Road West. That main road into the park is called Pōhutukawa Drive. The tai chi sessions will be under the trees on the left-hand-side about half-way up Pōhutukawa Drive. (If you get to the roundabout, you've gone too far.)

Members of the Auckland Branch of Blind Citizens can use the extended taxi scheme to get to and from these tai chi classes. Members pay \$5 (five dollars) each way. To access the scheme please contact Branch Secretary Paul Brown on email: paulaudiodescribed@gmail.com or phone 027-208-4468

What to wear and bring: Bring your water bottle and a sun hat/sunblock. Wear comfy clothing and footwear.

The lessons are provided by Jocelyn Watkin of Kia Ora Tai Chi. Jocelyn is a qualified tai chi instructor with specialist skills and experience in teaching tai chi to participants who are blind or have low vision. She is hired by the management of Cornwall Park to teach tai chi over summer so that anyone can attend for free. This will be Jocelyn's 8th summer in the park. You can find out more about her on the Kia Ora Tai Chi website: <https://www.kiaorataichi.nz/about-us/>

Cancellation notice: As these lessons are outdoors, they are dependent on good weather. If the weather is not suitable, a decision will be made by 6pm the night before (Saturday night). The cancellation notice will be uploaded to the Kia Ora Tai Chi website: <https://www.kiaorataichi.nz/> and also the Kia Ora Tai Chi Facebook page: <https://www.facebook.com/kiaorataichi>

If you are not sure if the lesson will go ahead (due to bad weather) or you need more information, Jocelyn invites you to text or phone her on 027 493 9851.