

Ways to get involved

Tai Chi with Pauline

- Thursdays: 10 – 11am Milford Senior Citizen Club
- Thursdays: 1 – 2pm Ponsonby Community Centre
- Fridays: 1 – 2pm Sunnynook Community Centre
- pauline.kiwi@gmail.com to register and for cost.

Tai Chi in Auckland City Libraries

Auckland City Libraries host free, recurring community Tai Chi classes at several locations across the region.

- Birkenhead Library: Fridays from 9:30 AM to 10:30 AM.
- Mt Albert Library: Mondays from 10:00 AM to 10:45 AM.
- Epsom Library: Fridays from 9:30 AM to 10:15 AM.
- St Heliers Library: Wednesdays from 10:00 AM to 11:00 AM.
- Remuera Library: Mondays at 9:30 AM (Traditional Yang Style Tai Chi)

Walking groups

- [Joy of Walking](#)
- [Women's hiking group](#)

Community yoga

- Meditation NZ [free yoga classes](#) in Mt Albert
- Auckland City Council [free yoga](#) classes in Westgate

Strength and balance groups – for older adults.

Love your brain – free, research backed online mindfulness programs for people with brain injury.

Nymbi – free balance training app

Binaural beats. Also available on [Spotify](#).

Yoga with Kassandara – yoga for anxiety.