

Tranquillity offered to everyone

A SENSE of calm has come over the Village Green in Sunbury.

Free group Tai Chi sessions are being held at the site each Wednesday from 6pm to 6.45pm following the success of lunchtime sessions last summer.

Bernadette Segrave, a participant in last year's sessions, continued to train with Arthritis Victoria and is now a Tai Chi leader.

Jacque Blight, from Sunbury Community Health, will also help lead participants.

Ms Blight said last year's sessions drew up to 50 participants, often parents whose children would play nearby.

"Tai Chi as a philosophy is about getting in touch with nature and to take part in a large group outdoors is all part of it," she said.