

Introducing...

Taoist Tai Chi



Wednesdays @ 4:00 pm

Odd Fellows Hall
374 1st Street W, Stonewall

First Class – Wednesday, September 25
6 Week Session

Led by Certified Taoist Tai Chi Instructor

The ancient Chinese believed that true health comes when body,
mind and spirit work together in harmony.

Session Intentions:

- **Strength Flexibility Stillness**

Taoist Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. Exercise the whole physiology these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced thought the bod and have a calming effect on the mind. Taoist Tai Chi arts are truly a moving meditation.

- **Reduce Stress & Feel Better**

Taoist Tai Chi arts reduce stress and have a beneficial effect on many conditions, from sore backs to mental health issues.

Registration Fee:

\$70

(55 Plus Members: \$60)

For More Information
Or to Register, Call:

204-467-2582

