

Introducing...

# Tai Chi



**Wednesdays @ 4:00 pm**

Odd Fellows Hall  
374 1<sup>st</sup> Street W, Stonewall

**First Class – Wednesday, September 25**

6 Week Session

*Led by Antonio Cesari*

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



**Session Intentions:**

- **Strength Flexibility Stillness**

*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. Tai Chi arts are truly a moving meditation.*

- **Reduce Stress & Feel Better**

*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**