



dress comfortably

Tai Chi

Starts: Saturday Mornings

9:00 - 10:00AM

@ Modjeska Park

太極拳

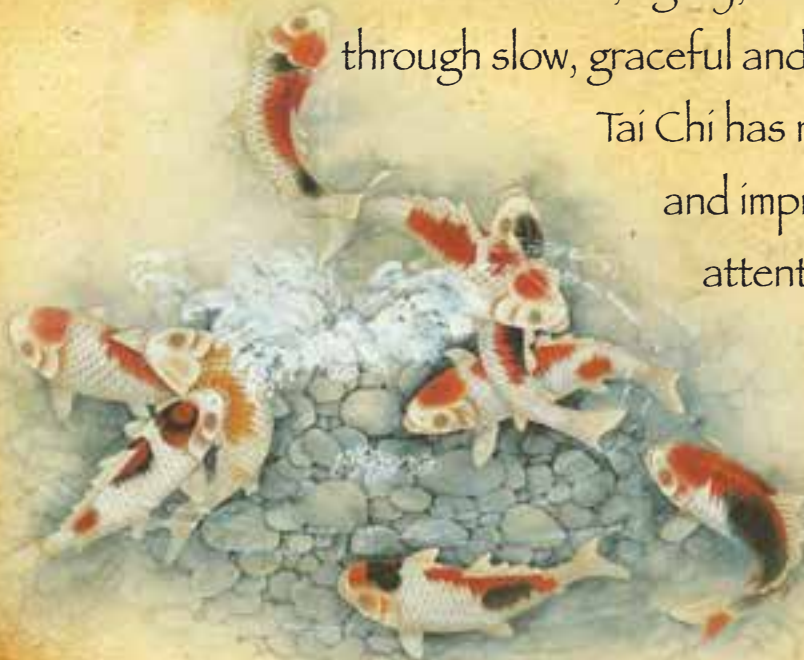
Join your friends & neighbors for Tai Chi class
Taught by Reiki Master/Chi Instructor John Salat

Prices: \$100 for 10 classes on Saturday
or \$12 per drop-in each day

3/5, 3/12, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

Tai Chi will enhance health, agility, relaxation & enjoyment
through slow, graceful and mindful movements.

Tai Chi has many health benefits
and improves concentration,
attention, self-confidence
& self control.



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