

Tai Chi Chih

*Joy through moving
meditation*



Wednesdays

10:45 – 11:30 A.M.

Mind Body Studio

Indoor Series Continues until Mid-September

Fall's four week hiatus begins the week of September 16

Tai Chi Chih is moving, gentle and easy to learn meditation. This low impact practice is easy on the joints and can relieve the pain from arthritis and injury. Tai Chi Chih aims to create healthy balance, stress relief and relaxation. All abilities, fitness levels and those over the age of 13 are welcome. This is a drop-in class with no fee or sign-up needed.