

Tai Chi Chih

*Joy through moving
meditation*



**Continues weekly
through August 28**

**Continuing Summer
Indoor and Outdoor Series Options
with Ivonne Begue de Benzo**

**OUTDOOR
Tuesdays**

8:45 – 9:30 A.M.

Near Pool Cabana

*If weather inclement, class will be held
indoors in the Upper Studio*

INDOOR

Wednesdays

10:45 – 11:30 A.M.

Mind Body Studio

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, but consistent attendance is highly encouraged to gain the most benefits.