

Tai Chi Chih

*Joy through moving
meditation*



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.

3 Week Limited Series

Wednesdays

10:45 – 11:30 A.M.

May 8, May 15 & May 22

Mind Body Studio

with Ivonne Begue de Benzo

