



# *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.

**Wednesdays**

**11:30– 12:15 P.M.**

**February 6 – March 27**

**8 Week Series**

**Mind Body Studio**

**with Ivonne Begue de Benzo**

