



Adapted Program

Tai Chi



**Due to the Postponement of Classes
We are encouraging the Practice of Tai Chi
via YouTube videos. This is FREE!**

**The ancient Chinese believed that true health
comes when body, mind and spirit work
together in harmony.**



- **Strength Flexibility Stillness**

Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. Exercise the whole physiology these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced thought the bod and have a calming effect on the mind. Tai Chi arts are truly a moving meditation.

- **Reduce Stress & Feel Better**

Tai Chi arts reduce stress and have a beneficial effect on many conditions, from sore backs to mental health issues.

For More Information Or to Register to Receive the Link,

Call: **204-467-2582**

Or Email: **si55plus@mts.net**