

Tai Chi

Tuesdays @ 2:00 pm

Odd Fellows Hall
374 1st Street W, Stonewall

September 8 – November 10

10 Week Session
Beginner Level

Led by Antonio Cesari

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

Session Intentions:

- **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.

Registration Fee: \$120

(55 Plus Members: \$100)

For More Information

Or to Register, Call:

204-467-2582

