

# TAI CHI/ QI GONG

*A GREAT WAY TO DE-STRESS WHILE IMPROVING YOUR DANCE SKILLS*



**TUESDAYS @ 7 P.M. - begins Jan 8th**

*\$60 prepaid for month or \$20 to drop-in\*\**

*\*\*no make-up classes at this time*

*Online Registration available at [www.dancin4joy.com](http://www.dancin4joy.com)*

## ***What is Tai Chi & Qi Gong?***

- ~ a series of relaxed, flowing movements*
- ~ a gentler, meditative form of martial arts*
- ~ a great way to increase balance, flexibility*
- ~ a method to relieve stress & anxiety*

*(You may participate in yoga socks, tennis sneakers, or barefoot)*

**Classes taught by Master June Fagan**

