

# TAI CHI/ QI GONG

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



**TUESDAYS @ 7 P.M.**

**New 4-week session begins May 7th**

*\$60 prepaid for month (save \$20)\*\*  
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

