

TAI CHI/ QI GONG

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



TUESDAYS @ 7 P.M.

New 4-week session begins Sept. 3rd

*\$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

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

