



Vitti's Dance Studio  
Health & Wellness Series

# Tai Chi

Led by Laura Nichols

—◆◆◆—  
**Mondays**

**Starting March 9<sup>th</sup>, 2026**

**for 4 weeks**

**6-7 p.m.**

★  
**\$80 - full session or  
\$25 to drop in**

**Register Now!**

**[www.vittisdancestudio.com](http://www.vittisdancestudio.com)**  
—●—

**What is Tai Chi?**

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

**Dress comfortably and wear lightweight footwear  
or sneakers**



**Vitti's Dance Studio**  
**10 Precision Rd Danbury, CT 203-748-2884**  
**INFO@VITTISDANCESTUDIO.COM**