



Vitti's Dance Studio
Health & Wellness Series

Tai Chi

Led by Laura Nichols



Mondays
Starting March 9th, 2026
for 4 weeks
6-7 p.m.

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

Register Now!
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
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