



Vitti's Dance Studio  
Health & Wellness Series

# Tai Chi

Led by Laura Nichols

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**Mondays**

**Starting April 6<sup>th</sup>, 2026**

**for 2 weeks 4/6 & 4/13**

**6-7 p.m.**

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**\$40 - 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

You may participate in yoga socks,  
tennis sneakers, or barefoot

**Vitti's Dance Studio**

**10 Precision Rd Danbury, CT 203-748-2884  
INFO@VITTISDANCESTUDIO.COM**



SCAN ME