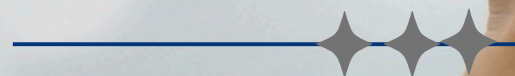




Vitti's Dance Studio  
Health & Wellness Series

# Tai Chi

Led by Laura Nichols



**Mondays**

**Starting Jun 1st, 2026**

**for 5 weeks**

**6-7 p.m.**

**\$100 - 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  
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