



Vitti's Dance Studio
Health & Wellness Series

Tai Chi

Led by Laura Nichols

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Mondays

Starting Sept 14th, 2026

6-7 p.m.

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**\$60 - for 3 weeks (no
make-ups) or
\$25 to drop in**

Register Now!

www.vittisdancestudio.com
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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. Check website for schedule changes.



Vitti's Dance Studio
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