



Vitti's Dance Studio
Health & Wellness Series

Tai Chi

Led by Laura Nichols

Mondays
Starting Nov 2nd, 2026
6-7 p.m.

\$60 - for 3 weeks
(no make-ups) or
\$25 to drop in
no class 11/16 & 11/23

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. Check website for schedule changes.



Vitti's Dance Studio
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