

# INTRODUCTION TO TAI CHI

If you've ever seen groups or individuals in a park doing a sort of "slow dance" in a series of poses, chances are, you saw tai chi. Tai chi is an Asian martial art that began in China. It is a form of *qi gong* that combines movement and breath to balance, relax and strengthen the body and calm and center the mind.

In this four-week series of classes, you will learn the basics of the Yang Short Form of tai chi.



Although visitors are welcome at any session, to get the most out of the instruction, you should plan to attend from the start. Your instructor, Terry Donnelly, is a long-time student of the art.

Tai chi is an excellent form of low-impact exercise suitable for most people with the normal range of fitness, but be sure to consult with your doctor before beginning any new program of exercise.

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7550 Lohmeyer  
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DATES:

Tuesday, January 15, 2019  
Tuesday, January 22, 2019  
Tuesday, January 29, 2019  
Tuesday, February 5, 2019

TIME:  
6:30-7:30 p.m.