

Your Health Connection and Valley Health & Fitness
have come together to bring you:

Tai Chi - For the Soul

- Tai Chi is considered one of the best stress management techniques available and has been practiced for 1000's of years.
- Tai Chi has been utilized as a major training practice amongst those studying in the martial arts and spiritual practices, as well as for rehabilitation purpose.

This class can be done in a chair or standing, and may be altered by varying degrees to offer different challenges.

It includes over 50 memorized movement patterns created from a combination of both short Lang and Qi-Gong forms.



Location: Valley Health & Fitness

Date: April 28 - May 23

Time: Monday & Friday 1:00pm – 2:00 pm

Cost: \$ 65.00 per 8 sessions (includes material)

For registration or more information please call: