

TAI CHI

with Richard Wilson

Tuesdays - 7:30 8:45pm

New! Thursdays - 7:30-9am

(starting March 4th - FREE Class)



- Tai chi is a healthy- no impact exercise that has continuous, slow, circular, and deliberate movements with a strong emphasis on relaxation.
- The type of tai chi that you will learn is Hun-Yuan (**Hun – yoo- wan**) Chen style tai chi.

Benefits of practicing tai chi:

- Improved circulation and lower blood pressure.
- Stress reduction and management
- Improved balance and better range of motion in all of the body's joints
- Mind-Body integration and improved kinesthetic awareness

