



Tai Chi Classes

Paki Sukwattana

Development of Mind-Body-Spirit

Tai Chi is an ancient Chinese exercise that involves meditative movements that relax and strengthen the body and mind. These one-hour classes combine gentle stretching with movements that help improve range of motion, balance and relaxation. The controlled motions and natural breathing in Tai Chi will help to strengthen the body in many ways.

When: Thursday Evenings 7:30pm - 8:30pm

October 9 - November 13

Where: EquiVita Classroom

Cost: \$60 for a six week series; New class every 6 weeks.

Please contact Adam to register for classes. amilligan@equivita.com