

The Ancient Art of Tai Chi



Tai Chi

FREE Demonstration & Introduction
Thursday, September 19 3:30 PM

The art of Tai Chi goes back more than 400 years. It has a worldwide following for its benefits to personal health and for enriching introspection. Medical studies support its effectiveness as an alternative exercise form and a model of mental therapy. It focuses one's mind solely on the movements and brings about a state of calm and clarity. It is known for relieving the physical effects of stress on both the body and the mind, and on improving balance.

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