

The Ancient Art of Tai Chi



Tai Chi at CBY All are Welcome!

Wednesdays, March 4-May 27 *(no class April 8 & 15)*

All classes 3:30-4:30 PM in Social Hall A

Instructor: Gordon Fair, Coastal Tai Chi

\$36 covers all classes (check payable to "CBY Sisterhood")

Tai Chi means "great balancing." The art of Tai Chi is an exercise system that consists of several linked movements, performed slowly and continuously, in tandem with controlled breathing techniques, based upon a philosophy of achieving harmony, unification and balance. The class is designed to build on new positions each week and reinforce learned positions.

Come out and experience the benefits of practicing Tai Chi.

Open to men and women!

Register by emailing Randy Kurjan:

Sponsored by  **Sisterhood**