



TAI CHI FOR BEGINNERS

Prior experience is NOT required.

Benefits* of Tai Chi include ...

- ☑ Reducing Stress
- ☑ Increasing Flexibility
- ☑ Increasing Energy & Vitality
- ☑ Improving Balance

What is Tai Chi?

Tai Chi (Taiji) is a therapeutic exercise system derived from Chinese martial arts focusing on the circulation of chi, or "life energy" found within and around all living things. Sometimes called "moving meditation", millions of men and women all over the world practice it daily as a gentle, stress, reducing exercise. Some benefits of Tai Chi include improved balance, relief of pain and/or stiffness and lower high blood pressure. *

*The benefits of Tai Chi may vary from participant to participant.

To observe a class,
please call 978.475.2020.

Fall 2010 Sessions:

- **Thursday Mornings, 10:30-11:45 AM**
Sept. 16, 2010 (8 weeks)
Instructor: Meg Holmes
- **Sunday Mornings, 8:00-9:15 AM**
Sept. 19, 2010 (12 weeks)
Instructor: Meg Holmes
- **Monday Evenings, 8:00-9:15 PM**
Sept. 20, 2010 (12 weeks)
Instructor: Paul Blake

*Special applicable to Early Bird registrations for this summer class only.



Yang's
MARTIAL ARTS



Registration on back!

5 Dundee Park ~ Andover, MA ~ 978.475.2020 ~ www.YangsFitnessCenter.com