



What is T'ai Chi?

T'ai Chi is the internal Chinese art which combines deep breathing and relaxation with slow, gentle movements. Qi or chi is the force that flows through the body. T'ai Chi unblocks and encourages proper flow of chi.

Known Health & Wellness Benefits:

- ◆ *Improving Muscle Strength*
 - ◆ *Flexibility*
 - ◆ *Balance Increase*
 - ◆ *Focus*
 - ◆ *Stress Reduction*
 - ◆ *Endurance*
 - ◆ *Low Risk of Injury*
 - ◆ *Health Maintenance*

T'ai Chi Classes

Big Flats Community Center

Tuesdays 11:30am - 12:30pm

Wednesdays 5:30pm - 6:30pm

Fee: \$42 / 6 classes or \$9.00 Drop in

Instructor: Connie Antoniadis

(607) 368-7268