

Tai Chi for Health



Is gentle
Is low impact
Is slow moving

Can improve strength
Can improve flexibility
Can improve balance
Can reduce stress
Can improve well being

By breathing
By moving
With intention

太極拳

Tai Chi for Health is proudly brought to you by the

Dance Appeal Studio
Taught by Kelvin Lau

Wednesdays, from 5 to 6 pm
\$10 per class

Bring your own retractable or wooden sword, or you may buy one for \$15.



Taiji (Tai Chi), Qigong (Chi Kung), Jian (Tai Chi Sword)