

Begins Friday May 30th at 11:00 in the Gym

Learn the Practice of Yang Style **Tai Chi**



Learn the Yang 24 movement form, which is the most practiced form in the world.

Tai chi has three major components, **movement, meditation, and deep breathing**. Tai chi improves your balance, agility, strength, flexibility, stamina, muscle tone, and coordination.

Tai Chi instructor – Ken Potter (certified TCHI tai chi instructor)

Email me with any questions about the class (kwpotter59@gmail.com)