

Tai chi Classes in Dundas



Saint James Church
137 Melville street

Fridays 6pm -7pm

January 9th to February 27th Every Friday

Program Fee \$254 - 8 classes

Payable via-E transfer or cash - - lhcompletewellness@gmail.com

Welcome to All Levels

What To and Expect

Gentle Flowing Movement, Improved Balance and Grounding

Support For Emotional Well-Being, Breath Focused

About Lori Holmes, with over 20 years of experience. She combines calm mindful movements as a 3rd degree black belt and level 2 ni chi instructor known for her warmth and supportive teaching style that helps others find balance, confidence and calm.

BREATHE - SLOW DOWN - MOVE – RESTORE

Reserve your spot today 905-330-4336

e-mail - lhcompletewellness@gmail.com

www.lhcompletewellness.ca