



## ***Tai Chi Classes in Goodyear***

Tai Chi is one of the most popular health exercises in the world, and is even recommended by Harvard University as one of the 5 best exercises a person can do at any age. Ever wonder why? Come and find out!

Tai Chi is about potential, and possibilities, and most importantly, growth.

**You are welcome to come and see what Tai Chi is all about! Initial trial class is free to all those who make the investment to come and learn.**

### **Tai Chi is known to help people...**

- *Improve Balance*
- *Increase Energy*
- *Find Greater Relaxation*
- *Reduce Pain & Inflammation*
  - *Improve Circulation*
  - *And much More!*

*(Just look up Tai Chi studies online)*

*Where: 725 S Estrella Parkway, Ste 135, Goodyear, AZ 85338*

*When: Every Thursday, 1:30-2:30pm*

*Contact: Call or Text Daniel at 602-644-6494 or email at [daniel@phxinternalarts.com](mailto:daniel@phxinternalarts.com)*