



# JOIN US

## Tai Chi & Qigong

### 4-Class Introductory Course Starts 5/13/2024

**What:** Tai Chi is well known as an ancient system for improving balance, flexibility, elasticity, and mental agility. And it can be a vigorous, regenerative exercise if you wish!

**When: Mondays 5/13 & 5/20 5:00-6:00 PM**

**Thursday 5/16 5:00-6:00 PM & Saturday 5/18 9:30 to 10:30(ish) AM**

**Who Should Attend:** Seniors, Activists, Youth, Martial Artists, Accountants, Healers, Dancers, Therapists and anyone interested in a gentle way to add vitality and maybe heal up some old aches and pains

**Where:** Suite 218, Arts and Industry Building, Florence, MA

**Cost: Just \$10 for Full 4-Class Session**

YMAA Western Mass

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Experienced Martial Artists and Tai Chi Practitioners Contact Us to Learn about our Tai Chi Kung Fu Program (Safe, Low-Impact Martial Training)