

TAOIST TAI CHI



SENIOR
CENTRE

INFORMATION

Say goodbye to sweating, puffing and panting and say hello to feeling cool, calm and refreshed! Consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. Join Dorothy to learn the how and why behind each movement.

This course is the first 17 moves of Taoist Tai Chi

8 week course
October 30-December 18

INSTRUCTOR

Join Tai Chi enthusiast, Dorothy Hrischenko for an 8 week beginner tai chi class.

**REGISTRATION
REQUIRED**

**MEMBER
\$40**

**NON-
MEMBER
\$56**

Try the first
class for free

Friday
10:30am-
11:30am