TAOIST TAI CHI



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
January 6 - February 24

INSTRUCTOR

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

REGISTRATION REQUIRED

MEMBER $40

NON-MEMBER $56

Try the first class for free

Wednesday
11:30am-
12:30pm