



# TAI CHI

Every Saturday, 8am to 9am

Ongoing Classes

Amplify your body's vital energy to develop a stronger internal organ system to prevent chronic pain and illnesses. Meditative and calming effect that helps with relaxation, reduces stress and aids in emotional and spiritual mindfulness.

Helps to improve balance, flexibility and agility, and improves bone health to prevent arthritis and osteoporosis. Helps to better manage medical conditions when disharmony in the body starts becoming apparent. Maintain harmony between your mind, body, and spirit for

#### CHARGES

\$15+	SRC Member
\$20+	Guest

**MSS**  
Applicable



<https://tinyurl.com/srcataichi>

