

Tai Chi

For Meditation and Health

Six week series on Wednesday evenings

January 11 through February 15

Church Center 7 pm

Limited to 20 parishioners,

Sign up by contacting Bonnie Garcia

908 975-3003 or bonnie.garcia210@yahoo.com

The sessions will include the Eight Brocades of Silk, a sequence which encompasses eight posture positions, helpful in promoting health, relaxation, personal meditation, and breathing techniques. Depending upon group interest, we may introduce the initial elements of the "24 Form", a more complex and physically active set of movements which encourage more physically active meditation.