



Come join us in a program of relaxation and stress reduction

T'ai Chi Chih has been described as Joy Through Movement

it just feels good to do it!

T'ai Chi Chih is a moving meditation of 19 movements and one standing position. It is easy to learn and perform on your own, once you have been taught the basics. Almost anyone can do it, as it can be done standing, sitting, lying down, and even through visualization.

Live it Well is offering a Series to Learn: T'ai Chi Chih

A series of 8 classes

Tuesdays and Fridays from 9:30 to 10:30

10/08/19 through 11/1/19

\$80.00

A discount of 10% will be given to students who sign up before 10/08/19

Class time is only for registered students in the series. On-going T'ai Chi Chih classes will be offered to students who have completed the series. Additional beginning and Advanced *Series to Learn* will be offered

Medical studies over the past ten years have shown that T'ai Chi Chih has a positive effect on many of the chronic ailments that effect older adults. Students have reported benefits in blood pressure and weight stabilization, improved sleep and balance, and better mental focus.

Offered by accredited T'ai Chi Chih instructor Linda Worlton

The Live it Well Place 6607 S. Kings Ranch Road, Gold Canyon, Az.

www.liveitwellaz.com