



## 太極拳

# Tai Chi Chuan

We are now offering a class in the ancient form of Tai Chi Chuan. The class will integrate the yang-style short form of Chen Man-Ch'ing with Chi Gong exercises. The class will be led by Tom Grady who has studied Tai Chi in the area with several instructors over the past 10 years or so.

Please come and join us for a healthy, low-impact but challenging workout one night a week

**For questions, Tom Grady 388-7176**

*“t'ai chi: a Chinese system of slow meditative physical exercise designed for relaxation and balance and health”*