

## Tai Chi & Qigong in the Park

Age Range: 18 and up

DAYS	START/END DATE	START/END TIME	FEE	SESSION #
Sa	06/14-08/02*	08:00-09:00A	\$32	2786-1

\*Exception Dates 06/30

Tai Chi and Qigong are ancient Chinese forms of martial arts which are suitable for all ages regardless of physical and medical conditions. The gentle and graceful body movements accelerate healing, restore balance, increase flexibility, boost energy levels, and much more. Participants should dress in comfortable clothing and non-skid shoes. Bring a water bottle. Class runs 8 times. In case of rain, class will continue on same day/time in August as needed.

Location: Walnut Hill Park