



What is Tai Chi? Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Anyone, regardless of age or physical ability, can practice this form. Tai Chi is used to reduce stress, increase flexibility, improve muscle strength and definition, increase energy, stamina and agility and increase feelings of well-being.

When: Tuesday and Thursday Evenings

Class Dates: April 11, 16, 18, 23, 25, 30 May 2, 7, 9, 16

Where: Echo Lake (located at 1225 Maxim Southard Road)

Time: 7:00pm-8:00pm

Fee: \$55 for 10 classes

PLEASE GO TO

www.howellpal.org

TO REGISTER!