

### Tai Chi Fundamentals

Learn a basic Tai Chi form as well as a number of techniques designed to energize the body, reduce and manage stress and improve balance and flexibility. Regular practice of this system of gentle movements can facilitate harmonious energy flow throughout the body enhancing your physical and emotional well-being. This class will be held virtually only

**Instructor:** Francesca Segal

**Fee:** \$60LM/ \$80NM

Class#	Dates	Days	Time	Type
533355A1	Sept 13- Oct 25	M	9-10am	Virtual
533355B1	Nov 1- Dec 13	M	9-10am	Virtual

### Tai Chi Chi Gong- Weather Warriors- NEW

We will practice chi gong for flexibility, health and well-being. Becoming quiet and being open to the changing nature of spring will be the focus. This will be held in the Courtyard Garden at the Levy Center rain, snow or shine. Masks required.

**Instructor:** Evelyn Thompson

**Fee:** \$60LM/ \$80NM

Class#	Dates	Day	Time	Type
534363A1	Sept 13- Oct 25	M	9-9:45am	In-Person

### Qi Gong for Seniors

Create a healthier connection between your spirit, mind and body! This class teaches you a relaxing and gentle exercise that increases your flexibility, coordination, balance and circulation. People of all physical abilities will benefit. This class will be held virtually only. No class on Nov 25

**Instructor:** Francesca Segal

**Fee:** \$60LM/ \$80NM

Class#	Dates	Days	Time	Type
534328A1	Sept 9-Oct 21	Th	1-2pm	Virtual
534328B1	Oct 28-Dec 16	Th	1-2pm	Virtual

### Tai Chi Chi Gong

Tai Chi is a relaxing, gentle, flowing exercise coordinating movement, breath and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation. No registration allowed after week 2. This class will be held in-person and virtually. No class on Nov 26

**Instructor:** Evelyn Thompson

**Fee:** \$60LM/ \$80NM

Class#	Dates	Day	Time	Type
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534329A1	Sept 10-Oct 22	F	9-10am	In-person/Virtual
534329A1	Oct 29-Dec 17	F	9-10am	In-person/Virtual