



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN WHY AND HOW OF TAI CHI

Foundations of Tai Chi A. C. LEWIS YMCA

Foundations of Tai Chi is a six-week workshop. Tai Chi has been characterized as meditation in motion and differs from traditional exercise in that the movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from those with restrictions who need to remain seated, individuals recovering from surgery or for those high-intensity exercisers looking for gentle cross training. Tai Chi offers options for participants at every level.

Students will be guided through the 24 postures of Tai Chi, which will be discussed, demonstrated and practiced. By the end of the 6 weeks the Tai Chi movements will be combined to flow together for a final demonstration.

WHEN: Mondays & Wednesdays, March 2nd—April 8th

TIME: 4:30p–5:30p

FEE: Members \$120; Program Participants \$190

LOCATION: A. C. LEWIS YMCA
350 S Foster Dr