



APRIL 8-JUNE 24 AUTHENTIC T'AI-CHI

Taijiquan (T'ai-Chi) & Qigong

Taijiquan is an ancient Chinese martial art based on internal energy or "chi". It uses slow flowing and connected movement to integrate the mind and body and generate flexibility, strength, and well-being. Receive individualized instruction offered within a group setting. Classes consist of seated and standing exercises (Qigong), taiji walking, and traditional taiji forms.

Thursdays 5:30 PM

Zoom and Live

Woodbridge Green

12 Classes \$120

Drop in: \$12

Develop Focus
Improve Balance
Relieve Stress

TO REGISTER

Woodbridge Rec Dept
40 Beecher Rd
203-389-3446

Recreation@woodbridgerec.org

<https://tinyurl.com/426dvh3s>