

# INTRO. TO TAI CHI & QIGONG

No  
experience  
required.

6-WEEK  
COURSE



## What is Tai Chi?

Tai Chi (Taiji) is an ancient Chinese tradition that today, is practiced as a graceful form of exercise.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing exercises (qigong).

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

## Who can do Tai Chi?

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

*Not sure if Tai Chi  
is right for you?  
Call and ask for  
Alex or Diana.*



## Some benefits of Tai Chi include ...

- ✓ Reduced Stress
- ✓ Increased Flexibility
- ✓ Increased Energy & Vitality
- ✓ Improved Balance.

## Free Intro. Classes

Join us to learn more about Tai Chi. Free Introductory classes will be offered on ...

- Tuesday, Apr. 14, 7:00 - 8:15 pm
- Thursday, Apr. 16, 10:30 - 11:45 am
- Sunday, Apr. 19, 8:45 - 10:00 am

Call 978.475.2020 to reserve your spot!

## Spring 2020 Sessions

6-week starts:

- Tuesday, Apr. 21, 7:00 - 8:15 pm
- Thursday, Apr. 23, 10:30 - 11:45 am
- Sunday, Apr. 26, 8:45 - 10:00 am

*No class 5/24*

Pre-register for early registration savings!

5 Dundee Park ~ Andover, MA 01810  
978.475.2020

Instructors: Meg Holmes, Paul Blake, Dan Boland, Jon Chang

[www.YangsAndover.com](http://www.YangsAndover.com)