



phone
(216) 765-4470



TAI CHI for Health

Wednesdays, July 12th - Aug 30th
Days 6: 30 p.m. til 7:30 p.m.

Insight Learning & wellness Center
25901 Emery Rd., Ste 112
Location warrensville Hts., OH 44128

Registration \$100.00 eight week sessions
or \$15.00 Drop in fee

Private
Lessons
AVAILABLE

Why Try Tai Chi?

- To let Tai Chi guide you towards a happier, healthier, and more joyful life.
- To have fun discovering an ancient art form that will develop inner strength, balance, and mental focus.
- To build energy and relieve stress through series of breathing and meditative movements
- To tap into the many health benefits associated with Tai Chi
- To learn the meaning behind the movements of the Forms

“Tai Chi Chuan, the great ultimate, strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid.”

- Cheng Man Ching



email
cburnett@greendragontaichi.com

website
www.greendragontaichi.com