

WINTER TAIJI (T'AI CHI) CLASSES

Come play Taiji! Manifest your New Year's resolutions for improved health and fitness, relaxation, balance and inner harmony in your life. Experience this ancient Chinese exercise form that connects us with our Qi, our life force, through the dynamic dance of Yin and Yang.

FREE TRIAL CLASSES - January 7, 2012 at the Franconia Community Church, 9 am, or January 12, 2012, 5:30 pm at Littleton Regional Hospital

CONTINUING CLASSES -

**Section A--Franconia Community Church - January 14, 28;
February 4, 11, 18, 25; 9-10 am**

**Section B--Littleton Regional Hospital - January 25;
February 1, 8, 15, 22, 29; 5:30-6:30 pm**

Instructor: Lao Shur Mary Sturtevant, 8th generation Guang Ping Yang Taiji lineage, teacher of health and healing arts for 20 years

Tuition: \$75 for Section A or Section B

For more information and to register: call 603-823-8780 or email peace@pathofharmony.com

TAIJI

Class registration form

_____ Saturdays, Franconia Community Church

_____ Wednesdays, Littleton Regional Hospital

Name _____ Date _____

Address _____ Email _____

City _____ State _____ Zip _____ Phone _____