

Tai Chi for Health



Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. This gentle exercise also increases flexibility, muscular strength and fitness. Additional advantages include promotion of a corrected posture, integrating the body & mind and improving you Qi (the life force energy that governs all body functions essential to health and vitality.)

WHEN: Monday, July 10, 2017
10:00 – 11:00 a.m.
(continuing for 10 weeks)

*** No class on Labor Day, September 4, 2017**

WHERE: Alliance on Aging
247 Main Street
Salinas 93901

Contact at 831.655.1334 to register.