



Taoist Tai Chi® Arts of Health

Beginning Tai Chi Classes

Beginning classes meet weekly for 3 months with a focus on learning the movements and basic angles with balance.

Denver - 1124 Santa Fe Drive

<u>January</u>	<u>Starts</u>
Saturday 9:30-11am	January 6
Monday 10:30am-noon	January 8
Monday 4:30-6pm	January 8
<u>February</u>	
Sunday 9:30-11am	February 4
Monday 7:30-9pm	February 5
Wednesday 10:30am-noon	February 7
Wednesday 4:30-6pm	February 7
<u>March</u>	
Tuesday 5:30-7pm	March 6
Wednesday 7:30-9pm	March 7

Introduction to Tai Chi for Seniors

Tuesday & Thursday 10-11am January 2, February 6, March 6
One month with free registration, can be repeated.
Tai chi improves balance, circulation and flexibility. Come give it a try.

Northwest Area -7555 Wadsworth Blvd., Arvada (Indian Tree Restaurant)

<u>January</u>	
Monday 7pm-8:30pm	January 8

Beginner Weekend Program

March 24 & 25
2pm – 6pm

Health Recovery Class

Tai chi is adapted for those with special needs. Regular practice improves balance, strength, flexibility, circulation and sense of well being.

Join this class anytime.
Tuesday 6:30-7:30pm

Continuing Classes

Available every day of the week. Attend any of these classes upon completing the beginning class.

Experience the health improving qualities of tai chi as you cultivate body and mind.