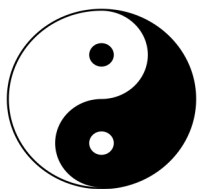


BRING BALANCE TO YOUR LIFE

TAI CHI



Tai Chi is practiced by over 180 million people each day!

Created as an internal or 'soft' martial art, it is being promoted worldwide as a wonderful health benefit, especially for those who face problems with balance, reduced range of motion, or have loss of flexibility & strength. It is practiced with relaxed muscle, and is both graceful & comforting.

Known for improving coordination, Tai Chi reduces stress & tension, & may lower blood pressure. Because of its many health benefits, Tai Chi comes highly recommended by the medical community.

Tai chi has been proven to reduce incidences of falls
in seniors by over 50%!

Beginning/Intermediate Tai Chi: 11:30-12:30 Tuesdays

Beginning/Basic Level Tai Chi: 11:30-12:30 Saturdays

Instructor: Leon Harris

Beginning/Intermediate Yang Style 24 Posture Form:

6-7 PM Mondays Instructor: Shirley Manoly

Beginning/Intermediate Tai Chi: 11:30-12:30 Thursdays

Instructor: Shirley Manoly



Come join us. New students admitted each week. FREE to Y Members! \$60 per month for Non-Members

No special clothing required.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Grants Pass Family YMCA 1000 Redwood Ave
541-474-0001 www.grantspassymca.org

