

Better Balance TAI CHI Beginner



Prevent a fall with Tai Chi. Enjoy learning this low-impact, slow-motion exercise that encourages the flow of energy and relaxes the mind. Tai Chi is meditation in motion and builds strength, balance and flexibility. Please wear flat shoes.

Starts September 18
(8 mtgs.)

Tuesdays 5:30-6:30pm

Mira Costa HS-Cafe.

\$72



Ann Pitts teaches Ocean View Tai Chi
at the Cancer Support Community
Redondo Beach.

Register at www.southbayadult.org