

TAI CHI

at Parkridge Community Center
Monday May 12 - July 21, 2025
2:30-3:30pm



Introduction to the art of Calm, Balance & Body Movement

Tai Chi is a great way to relax, have fun, enhance mobility maintenance and aid our immune system. Tai Chi is: body movement, energy work, meditation, soft martial art and dance; all at the same time. Exercises include: stretching, strengthening, joint revolutions and balance work. The practice includes deep breathing and mental focus. This class will include an introductory teaching and a simple, yet rich Tai Chi form that can be done in your living room. Join our class and enjoy the energy with like-minded folks and friends!

**FREE class • Sponsored by Washtenaw Community College
Teacher Karla Groesbeck • More info www.TaiChiLove.com**