

NEW T'AI CHI CLASS!

T'ai Chi Ch'uan is an ancient system of exercise, meditation, and self-defense. These slow, fluid movements relax both body and mind. The practice of T'ai Chi is said to give one the strength of a lumberjack, the suppleness of an infant, and the wisdom of a sage.



Health benefits

- *improves balance*
- *increases flexibility*
- *greater endurance*
- *mental focus*
- *strengthens immune system*
- *increases bone mass*
- *reduces stress*

**Wednesday Evenings at
Bryan YMCA, 501 W. Market ST., Greensboro.
7 – 8:30 pm.**

***Beginners welcome anytime!
Monthly fee – 20. Members, 35. Non-members.***

**Eric Reiss, Chief Instructor – Certified by
National T'ai Chi Ch'uan Association, Los Angeles, CA
More information: www.silktigertaichi.info**