

Improve your Body, Mind, and Spirit with

Tai Chi & Qigong Classes at Clermont Arts & Recreation Center

8- Week Course begins Thursday, June 11th

Thursday's from 6:30pm - 7:30pm
\$64.00 (Min. 5 students / Max 10)

Register for class at Clermont Arts & Recreation Center



*Tai Chi is often called,
Meditation in Motion*

- Reduce Stress
- Relax your Mind
- Calm your Soul
- Rejuvenate your Body
- Improve your Health
- Lift your Spirits

Learn more about Tai Chi
at: www.americantaichi.net/

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