

# T'ai Chi Advanced



T'ai Chi Advanced is a low impact exercise that puts minimal stress on muscles and joints; making it suitable for older adults. This evidence-based program will practice breath awareness, relaxation, posture, flexibility, mobility and

weight shifting and pain management. This workshop will be a continuation of the Tai Chi Fundamentals program and will include changes in direction and additional movements.

**WHERE:** Virtual via WebEx

**WHEN:** Mondays  
January 25—March 15, 2021  
10-11:15 am

There is a suggested donation of \$20, but is not required to take the class. Contact Amanda at (920) 787-6666 to register, or with questions.