

# Tai Chi

## Beginners Class

**EVERYONE WELCOME!**

**When :** Starting 17 September 2013

**Where :** The Space Between, 229 John St., Eganville

**Time :** 10:00 am. – 11:30 am.

**Cost :** \$12.50 drop in fee or \$135 for 12 sessions

### **Benefits of regular practise may include:**

- Lower Blood Pressure
- Stronger Immune System
- Increased Metabolism
- Self Defence
- Increased Efficiency of Internal Organs
- Stress Relief and a Calm Mind
- Strengthened Ligaments and Tendons
- Increased Flexibility
- Toned Body
- Improved Balance
- Stabilized the Joints
- Increased Mental Focus.

To register please call : **Janna Clarke @ 613-735-2193**

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