

Hello,

You are receiving this email due to previously expressing an interest in practicing Tai Chi. The next Beginning Yang 24 Tai Chi session at LotusVoice will begin May 2nd. Classes will be Tuesday and Thursday evenings, 6:30-7:30PM, and will run until August 10th with no classes the week of July 4th. This class is in addition to our Sunday afternoon class for continuing students. The class drop-in fee is \$15/class (cash or check payable to LotusVoice Integrative Therapies), alternatively monthly dues paid on the first class of the month are \$90 for the Tuesday/Thursday class or \$110 for Tuesday, Thursday and Sunday classes.

Tai Chi is a Chinese internal martial art. This moving meditation consists of flowing movements and emphasizes breathing and balance while enhancing strength and flexibility. The Yang 24 form takes about 7-10 minutes to complete, and is a very low impact exercise suitable for all ages and physical fitness levels that can be a powerful tool for relaxation and stress relief.

No previous Tai Chi experience is required for this class, but due to the sequential nature of the form, beginners will experience best results with consistent attendance. Of course, Tai Chi players already familiar with the order of movements are welcome to drop in anytime.

Please wear loose fitting clothing that will not restrict movement. The space does not allow street shoes, so bring a pair of shoes to change into, preferably with a thin sole to better gauge balance and contact with the floor. Masking is subject to individual discretion.

Class space is limited and spots are available on a first come, first served basis, so please respond if you intend to participate. If you are interested in Tai Chi but these classes do not fit into your schedule, please let me know to keep you in mind for future sessions that may be on a different schedule.

Thank you for your interest,

Dolly Luchini
Tai Chi Instructor, LotusVoice