

Hello,

You are receiving this email due to previously expressing an interest in practicing Tai Chi. In January, Tai Chi classes at LotusVoice will be moving to Sunday afternoons, 3:30-4:30PM. The first class will be on Sunday, January 8th. Monthly dues are \$50, payable at the first class of the month, or \$15/class drop in fee.

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 for beginners 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 the Sunday slot does not fit into your schedule, please let me know to keep you in mind for future classes that may be offered on a different day/time.

Thank you for your interest,

Dolly Luchini  
Tai Chi Instructor, LotusVoice