

Hello,

You are receiving this email due to previously expressing an interest in learning Tai Chi. LotusVoice will be offering a Fall 12 week session of Yang 24 starting August 30th and ending November 17th. Classes are Tuesday and Thursday evenings, 6:30-7:30PM. Price for the entire session of 24 classes is \$300, payable by check on the first day of class.

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.

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.

Proof of vaccination for Covid-19 is required. Masking will follow CDC recommendations, Ingham County recommendations, or if you've been a close contact of a confirmed positive case. You are encouraged to make safety decisions that support your personal comfort and risk tolerance, we will support your decisions to be more restrictive than the minimum guidance requires. If you are feeling ill, please stay home, and if I need to cancel class due to illness, I will notify all participants by email.

Class space is limited and spots are available on a first come, first served basis, so please respond if you intend to participate.

Thank you for your interest,

Dolly Luchini
Tai Chi Instructor, LotusVoice