

Spring 2024 Taichi for Beginners' classes at LotusVoice

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 start March 5th. Classes will be Tuesday and Thursday evenings, 6:30-7:30PM, and will run until May 30th. This class is in addition to our ongoing Sunday afternoon class for continuing students (3:30-4:30PM). 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 \$75 for March (6 classes: 3/5, 3/7, 3/12, 3/14, 3/19 and 3/21, no class the last week in March) and \$100 for April and May (9 classes each).

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.

Please respond if you intend to participate. If you are interested in **Tai Chi** but these classes do not fit into your schedule, 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