



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AN ANCIENT GIFT FOR MODERN TIMES

## Classic Tai-Chi & Qigong

Join us to learn the popular Yang style and powerful qigong techniques to build grounding, balance and reduce chronic conditions like arthritis, vertigo, stress, and more.

This exercise uses slow, smooth movements to achieve a state of relaxation of both body and mind.

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