

New class offering at Lake Harriet Spiritual Community!

Tai Chi, Sun Style, 41 Forms



- ~ Improve flexibility and balance
- ~ Reduce stress
- ~ Great for joint pain relief
- ~ Endorsed by the Arthritis Foundation

Join Certified Instructor *Marie Mathay* in this gentle, slow-moving series of ancient Tai Chi exercises designed to improve physical and mental well-being. Great for beginners, Sun Style introduces basic Tai Chi and Qi Gong principles and movements, activates internal energy, and promotes the calming harmony of body, mind, and breath. All ages and abilities welcome. Discount for veterans.

Lake Harriet Spiritual Community
4401 Upton Ave. S. Minneapolis, MN 55410

Thursday mornings, 9:30 - 10:30, beginning February 23rd
6-week session \$60, \$12 drop-in

FREE Demo class! February 16th, 9:30 - 10:30am

Register today! 612-770-5412
Questions? Contact: mariemathay@comcast.net