



An Invitation to the Next Complimentary Tai Chi & Qigong Class



Try a complimentary class any Tuesday or Thursday 9:30 - 10:30 a.m.

**At The Courage Center
3915 Golden Valley Road, Minneapolis 55422**

Classes are informal, open to everyone regardless of age or ability, and offered on a 'drop-in' basis.

**Visit our website for more information
www.naturalsteptaichi.com or call Colin Snow 612-377-6469**

Tai Chi is a holistic approach to harmonizing body, mind and spirit, frequently described as 'meditation in movement'.

The easy to learn movements of Tai Chi & Qigong are specific, but low impact movements of the body that are played, 'below the speed of habit'.

After the initial free class, the fee scale is \$47.50 for 5 classes (to be taken in a 5 week period) or \$95 for 10 classes (to be taken in a ten week period). You may attend one or two classes each week.